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ISSUE 139 / OCTOBER 2015 / £3

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18

SOUL KITCHEN

From cool kitchens to grand loft apartments, home accessories to the coolest wall panels – transform your home with our guide to the season's best interiors trends



Room for improvement

Now that autumn's here – with shorter days and good stuff on telly – our thoughts turn, inevitably, to hunkering down indoors. Gone is the pressure to be outside, catching the rare bit of sun we've had this summer, or making time for those impromptu extended family picnics at some hastily pre-arranged bucolic hotspot. At last, you can curl up on the sofa, pull the rug over your knees, enjoy the inside of your four walls... and just relax.

In this issue, we've been inspired by AW15's most popular and most do-able interiors trends (thank goodness marsala seems to have disappeared – did anyone actually go for that?), and have been scouring local shops for ideas and products. So, whether you're planning a major overhaul or just fancy a bit of retail therapy, our interiors guide (starting on page 18) should give you a helpful steer.

You'll also find Cardiff Dance Festival, a feature on Roath and Penylan, *Educating Cardiff's* Chris Norman and stacks more. Enjoy!

Awydd ailwampio

Mae'r hydref wedi cyrraedd – gyda'r diwrnodau byrrach a rhaglenni da ar y teledu – felly mae'n anochel ein bod yn dechrau meddwl am fwynhau clydwch ein cartrefi. Does dim pwysau i fynd allan i'r awyr agored i fwynhau'r ychydig o haul a gawsom yr haf yma a does dim disgwyl i ni wneud amser i fynd am bicnics byrfyfr gyda'r teulu estynedig mewn rhyw lecyn yn y wlad a drefnwyd ar hast. O'r diwedd, cawn swatio o flaen y tân, tynnu'r garthen dros ein pengliniau a mwynhau bywyd yng nghlydwch ein cartrefi...ac ymlacio'n llwyr.

Yn y rhifyn hwn cawn ein hysbrydoli gan y ffasiwn mwyaf poblogaidd ac ymarferol ar gyfer addurno ein hystafelloedd yn nhyddor hydref-gaeaf 2015 (diolch byth bod marsala wedi diflannu - oedd unrhyw un yn hoffi'r lliw hwnnw?) ac rydym wedi bod yn chwilota yn y siopau lleol i ddod o hyd i syniadau a chynnyrch. Felly, os ydych yn cynllunio gwaith ailwampio mawr neu ag awydd gwneud ychydig bach o siopa, dylai ein canllaw i addurno ystafelloedd (sy'n dechrau ar dudalen 18) eich arwain i'r cyfeiriad cywir.

Rydym hefyd yn rhoi sylw i Wyl Ddawns Caerdydd, ardaloedd y Rhath a Phenylan, Chris Norman o raglen *Educating Cardiff* a llwyth o bethau eraill. Mwynhewch!

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On the cover
Casadeco's amazing panoramic glitter-effect wallpaper, from its So Wall 2 collection (available from Haus Contemporary Furnishings in Rhiwbina)

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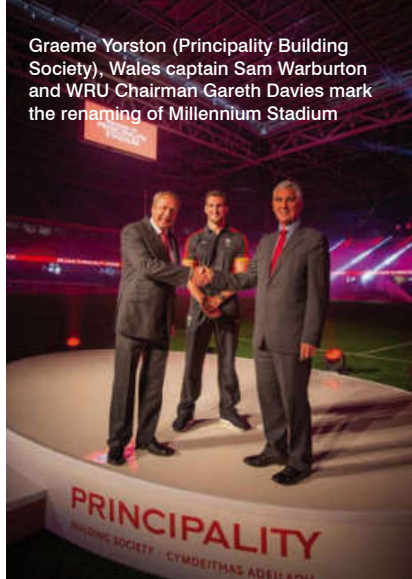
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Graeme Yorston (Principality Building Society), Wales captain Sam Warburton and WRU Chairman Gareth Davies mark the renaming of Millennium Stadium



REGENERATION!

KICKING ON

Home of Welsh rugby to be renamed Principality Stadium

The Millennium Stadium is regenerating – Principality Building Society and the Welsh Rugby Union have entered a new ten-year partnership that will help encourage, develop and grow Welsh rugby, marked by the renaming of the national stadium of Wales.

In recognition of Principality's ongoing commitment to Wales's national game, Millennium Stadium – the home of Welsh rugby, which has become an iconic symbol for Wales around the world – is to be renamed 'Principality Stadium' from January 2016. The first match to be played at the newly-christened national ground will be Wales's Six Nations clash with Scotland on 13 February 2016.

"Securing such an important and respected Wales-based organisation is a big step forward," said Gareth Davies, Chairman of the Welsh Rugby Union. "The stadium has become an international symbol for our nation, so it is highly appropriate that one of our principal partners now has even stronger links with Welsh rugby through these naming rights."

For more: wru.co.uk

SPOTLIGHT

CARDIFF: ITS LIFE AND TIMES



MUSIC

ROCK IT!

A new venue at Cardiff's Motorpoint Arena

The guitar chops of Jimi Hendrix, the passion of Manic Street Preachers, the swagger and bravado of Oasis – these are the sort of characteristics that Cardiff's Motorpoint Arena is hoping to uncover in a new generation of music talent with the opening of its new 150-capacity venue, Exit 7.

The venue hopes to provide a platform for emerging bands, singers and musicians. The first

gig at Exit 7 takes place on 30 September, featuring American indietronica outfit The Octopus Project (pictured above), with support from Cardiff bands Threatmantics and Lux Aeterna.

"As a capital city, it is vitally important that Cardiff has a thriving and bustling musical scene," said Phil Sheeran, General Manager of Motorpoint Arena Cardiff. "Wales has

American indietronica types

The Octopus Project are playing Cardiff's new Exit 7 venue – right after they've sacked their photographer

a strong musical heritage, but we have to ensure this continues. It's about celebrating new music and performers, be they from Wales or internationally-based. Exit 7 is our attempt to help this process and lead by example, giving emerging talent a chance to play at an exciting new venue to an enthusiastic crowd."

For more: motorpointarenacardiff.co.uk

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CARDIFF: ITS LIFE AND TIMES

DOING IT FOR THE KIDS

KITCHEN JUNIORS

Top local chef James Sommerin invites kids to cook in his kitchen

He may recently have made the top 25 in the Good Food Guide, but award-winning chef James Sommerin is not one to sit back and relax. Just over a year after opening his seafront restaurant in Penarth, he's planning to open his doors to budding young cooks at his new Kids' Kitchen.

For four weeks, James, his wife Louise, daughter Georgia and team will be teaching ten lucky young people aged eight to 16 how to make delicious food at Restaurant James Sommerin.

"We are passionate about getting children engaged with the food they eat and helping

them to create something amazing on their plates," said James. "We want to introduce them to the world of a fine dining kitchen and show them that at the heart of it is good, local, quality produce."

The Kids' Kitchen course costs £100 for four two-hour sessions (starting 12 October). On completion, the children take home a certificate, a chef's hat, a James Sommerin apron, and, of course, the ability to cook and appreciate their own food just that little bit more...

For more:

jamesommerinrestaurant.co.uk



James Sommerin and daughter Georgia will be welcoming budding young cooks to their Penarth restaurant



SEVEN DEADLY SINS

In the first of a regular series, founding member of The Reduced Shakespeare Company and creator of *Dickens Abridged*, ADAM LONG, bares his wicked soul

LUST: Who are you lusting after today? Princess Anne. The first person to pop into my head. And not enough people have Princess Anne popping into their heads these days. And why not?

GREED: What should you cut down on? Pepto-Bismol. I drink it by the lorry-load. It keeps my heartburn down when I think about Princess Anne, which is quite a lot in the last few minutes.

GLUTTONY: What one thing could you happily eat or drink all day long?

Popcorn and sushi. But not necessarily at the same time. Although, now that I say that, I wonder what popcorn would be like with a bit of wasabi? Do they do wasabi-flavoured popcorn? Now, that would be cool. But then I'd have to drink more Pepto-Bismol.

SLOTH: What should you really be putting your back into?

Zumba. I could Zumba all day long, except when I'm eating popcorn and sushi or thinking about Princess Anne. Actually, I do those things too often and am really behind on my Zumba.

WRATH: What/who makes you angry?

Stephen Fry. He's terribly bright, which makes me angry. And he's everywhere, which makes me hate him even more. Maybe this should have been envy?

ENVY: Who are you jealous of?

Kim Kardashian's bottom. I mean, who wouldn't want a bottom like that? Ah, hang on... maybe I'm actually envious of Kanye West? On second thoughts, no.



PRIDE: What's your proudest achievement?

Dickens Abridged – it's at Royal Welsh College Of Music & Drama on 18 November. A singing, dancing love letter to the great man – Charles Dickens like you have never seen him before.

For more: rwcmd.ac.uk,
dickensabridged.com



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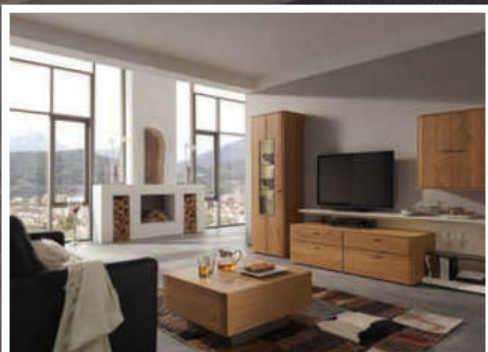
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FALL *into* PLACE

From textured wallcoverings to sleek kitchens, opulent lamps to luxury sofas, we round up AW15's biggest and most accessible interiors trends – and the best local places to shop the look. There's a standout loft apartment in Penarth to have a nose at, too...

By KATIE KISSOON



Curtain and floor cushion made from Floridita fabric, and cushion on chair made from Mariposa fabric, both by Matthew Williamson at Osborne & Little (available at various Cardiff stockists)

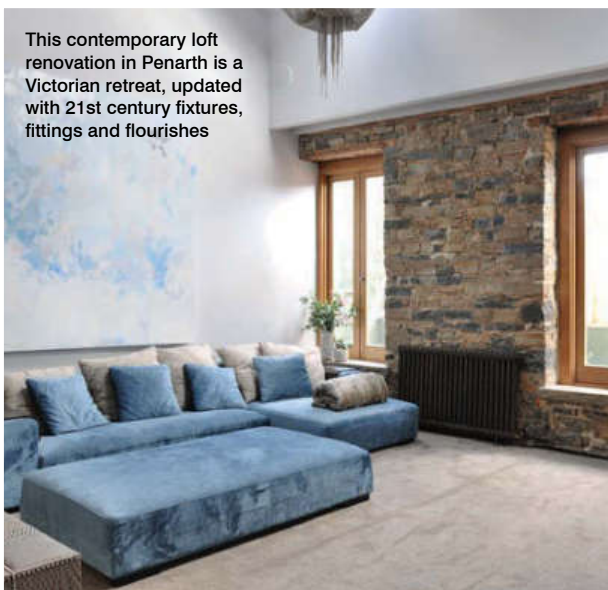
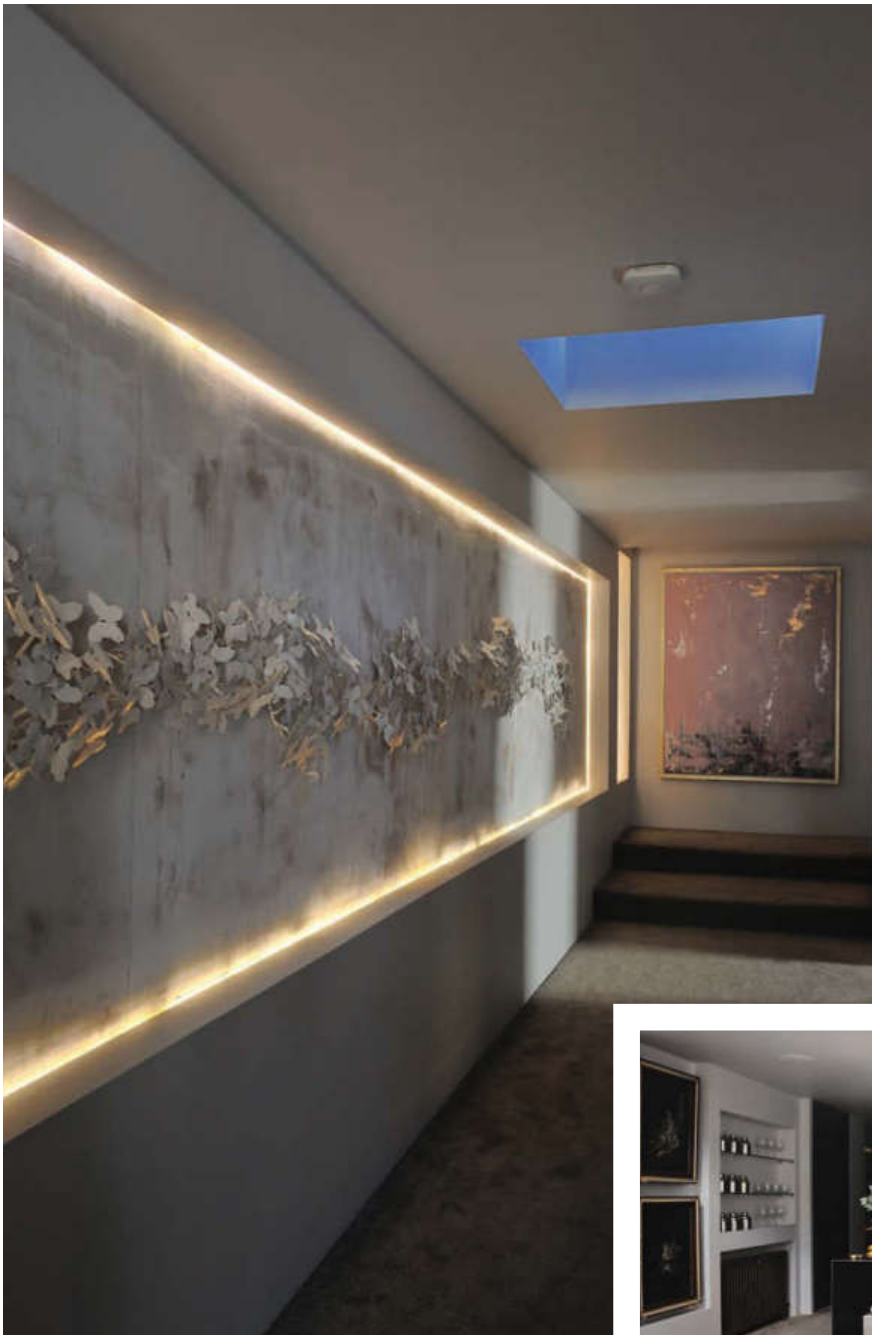
LOFTY HEIGHTS

This stunning grand loft renovation in Penarth caught our eye recently – owner **DORIAN BOWEN**, co-founder and director of interior architects Project One, takes us on a tour...

Project One describe themselves as ‘creators of lifestyle spaces’, and this newly-renovated loft apartment in Penarth – home to company owners Dorian and Babette Bowen – is about as contemporary and cool as modern lifestyle spaces get. “We’ve just completed it,” says Dorian. “We took inspiration from the retail tradition of this ex-Victorian department store by opening all the spaces into long hall sections and exposing the different build materials.

“For added luxury, we put in heated Black Emperor marble floors, a home spa in limestone with a Tylo sauna and infinity bath, and a dressing room with a feature bevelled mirror and deep pile carpets. We’ve also kept it to two main colours and removed doors and skirting details. App control and biometric entry, with Sonos wireless hi-fi audio concealed in every room, and custom-made industrial-inspired key pieces to complete the look, make this an updated Victorian retreat for the modern world.” ▷

For more: projectonewales.co.uk



This contemporary loft renovation in Penarth is a Victorian retreat, updated with 21st century fixtures, fittings and flourishes



TOP TRENDS

Shop local to bring AW15's hottest looks into your home

ON YOUR METAL

Already trending in the jewellery world, warm-hued metals such as copper, brass and gold (particularly rose gold) have been increasingly prevalent over the last few years, and now they're popping up all over the place. You'll find them everywhere, from plates to chairs, and in this attention-grabbing golden Foscarini Caboche suspension pendant light, available at Momentum.

"Copper, metallics and burnt orange are big in terms of accessories, fabrics and wallcoverings," adds Simon Atkins at Interiors etc. "And we are also seeing a lot of leather creep into collections, both real and faux, with metallic finishes and colours, and complex woven designs."



“WOOD
JUST NEVER
GOES OUT OF
STYLE”



"Natural weathered wood is all the rage this season," says Yvonne Jones from Chameleon Interiors. "This low wooden storage box is available online from Cox and Cox."

GO NATURAL

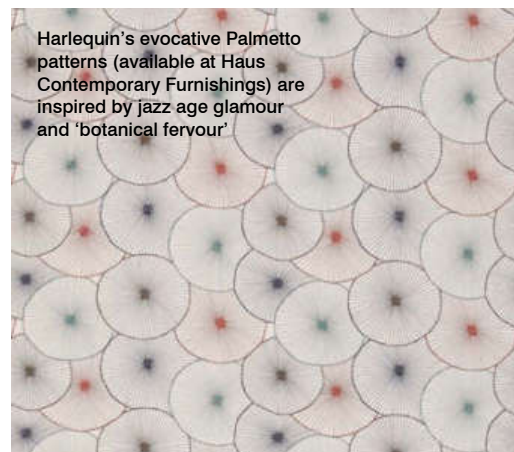
Wood just never goes out of style – and we're not just talking floors and dining furniture. "Lovers of boho chic will be really content this season," says Yvonne Jones from Chameleon Interiors. "The natural aesthetic is still current – muted greys and chalky whites provide a backdrop for weathered wooden furniture, punctuated by splashes of bold, bright colour to add drama and interest."

BOTANICALS ARE STILL IN...

Harlequin's gorgeously evocative Palmetto prints, weaves and wallcoverings (available at Haus Contemporary Furnishings) are inspired by early morning strolls through dewy woods and twilight walks around dusky, scented gardens. They capture elements of jazz age glamour, 1920s luxe (another big theme this season) and the 'botanical fervour of the 19th century orchid hunters'. A feature wall waiting to happen, perhaps...

The botanical theme continues with Harlequin's Amazilia collection, also available at Haus. "It features some fabulously vibrant designs of butterflies, hummingbirds and elephants," says

Harlequin's evocative Palmetto patterns (available at Haus Contemporary Furnishings) are inspired by jazz age glamour and 'botanical fervour'





(Left) Dramatic purple is great for exterior doors; (Below) The beautiful hand-cut pear vase from Moser, available at Interiors etc; (Bottom) Specialist and textured wallcoverings from Phillip Jeffries, also available at Interiors etc



Haus's Gail Jones. "For something completely different, check out the striking Amazilia Velvets, a striking collection of sumptuous spray-dyed velvets suitable for upholstery and drapes. The colour moves across the width of the velvet and is available in eight dramatic shades, all of which are perfect for autumn/winter."

BERRY GOOD

Brighten up autumn with juicy berry hues: blackberry, blueberry, raspberry and grape – think of this palette as a more user-friendly take on early 2015 'It' colour marsala.

"There's an emphasis on clean, elegant lines and simple, unfussy styles, complemented by bursts of dramatic colour," says Yvonne Jones. "Shades coming to the fore include rich hues such as gold and purple (exterior door pictured above), with zesty orange and brilliant kingfisher blues also putting in an appearance."

BLUE IS THE COLOUR...

The ubiquitous indigo is still going strong, as in



the latest Vinyl Stingray collection (pictured left) of speciality and textured wallcoverings from Phillip Jeffries, who, according to Simon Atkins from Interiors etc, "always sets the scene for other brands to follow." AW15 is awash with richer, deeper blues, too, reminiscent of your holiday in Santorini or Paxos. Go the whole hog and revive your walls with paint from Little Greene – try Royal Navy, Tivoli or Blue Verditer, all of which are available at numerous local stockists.

"The blue spectrum is enormous," says Gail Jones. "You can take your interior from cool in summer to warm in winter by just adding mustard, purple or soft greys."

...AND SO IS GREEN(ISH)

If you splurge out on one thing this season, it has to be the eye-catching, hand-cut pear vase by Moser (picture above) available from Interiors etc. Priced at just over £1684, it's mouth-blown by master artisans from pure unleaded ecological crystal glass, and available in various colours – an investment piece of the highest order. ▷



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Grey is fast becoming an interiors staple – this Rebel Walls paper is available from Chameleon Interiors

THAT'LL BE THE GREY

To be honest, we could've easily based this entire feature around grey, fast becoming an interiors staple. But there are ways to personalise the trend and make it your own – be bold and pair it with mustard, scarlet or navy blues. And check out the ultra-cool Rebel Walls murals and wallpapers (available from Chameleon Interiors) – the 'Doorway' gives very good grey, but the whole range is artful and stylish; you might just end up with the whole lot under your arm...

LUXE GOOD

Aspirational luxury is always on-trend, as these striking Vita Eos goose feather pendants (available at Taylors Etc) ably demonstrate. "They're so soft and tactile," says Taylors Etc's Justine Bullock. "My favourite thing would be to juxtapose them against a harsh, industrial, concrete-effect look – the perfect contrast!"

The Tempo table collection from Natuzzi (priced from £460) is cool, too – linear in design, but playful, functional and elegant. Available in six different finishes, they'd look great teamed with Natuzzi's Tempo sofa (from £3,600).

True luxury, of course, means proper indulgence. "Luxurious textiles such as silks, velvets and faux furs add atmosphere and texture," says Penny Allen from Pad Deco. "There is nothing quite like the feeling of surrounding yourself with luxurious fabrics in the home, with deep pile velvets next to your skin." ▸



“THE GOOSE
FEATHER PENDANTS
ARE SO SOFT AND
TACTILE”

EMBRACE THE PASTELS

"One of the main themes we really love at the moment are the pastels and soft colours," says Rhiain Davies from Momentum. "We've seen a lot of pastels whilst visiting furniture shows in Europe this year. Italian manufacturer Meridiani has made the most of the pastels, and their new collection (see pic, right) includes a lot of pinks and rose colours. They mixed this with marble and metal accessories, especially brass, to create a really luxurious look and feel."

ANIMAL MAGIC

Just when you thought animal prints and fabrics had disappeared for ever, along comes another one. But House Of Hackney's Empire wallpapers and sofa (available through Pad Deco, see pic below) are so cool and covetable that we're happy to sneak them in. "Our loves of the moment are moody interiors, dark walls and ceilings paired with bold large-scale wallpapers and statement pieces," says Pad Deco's Penny Allen. "Throw in a touch of the sparkly stuff – accessories in nickel, chrome or rose gold – and you have a look that will blow your socks off!"

IN THE KITCHEN

"Painted kitchens are as popular as ever, with dramatic dark blues and near-blacks coming to the fore over the winter months," says Ceri Hill from Chalkhouse Interiors. "Industrial influences are still everywhere, too, with bare lighting fixtures, metal touches on furniture and stripped wood adding texture to walls. Clean lines and simple designs made with quality materials will always outlast any fashion trend, so make sure you choose wisely!"

"Kitchen designs now very much marry modern and traditional, with an emphasis on warm and welcoming," says Christian Pedersen



“MERIDIANI'S LATEST COLLECTION INCLUDES A LOT OF PASTELS, MIXED WITH BRASS AND METAL ACCESSORIES”

(Below) House Of Hackney's Empire sofa and wallcoverings, available through Pad Deco; (Below, right) Kitchen designs marry the modern and traditional, says Christian Pederson from Topstak

from Topstak. "The latest kitchens will be airy and user-friendly, designed to be comfortable, spacious places in which to relax, as well as practical spaces for preparing a meal. And the popularity of versatile range cookers reflects our revival in skills such as baking – Esse (990 wood-fired range cooker pictured) has cookers in a range of fabulous colours, from bright turquoise to the traditional dark green." ▷





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THE WILD CARD

Not content with regular wallpaper, Casadeco have come up with something more dramatic – wall panels ('panoramiques'). So, rather than repeat patterns, their latest So Wall 2 range (order from Haus Contemporary Furnishings) are designed as contemporary and conceptual standalone images, like huge wall-to-floor works of art. It makes for a real focal point – think urban scenes, dramatic glitter, bold flourishes of colour and striking cityscapes. We love the dazzling Eclats Gris (pictured) – perfect for injecting a bit of life and personality into a tired room. CL



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ROATHING AROUND

Often described as Cardiff's boho suburb, there's much more to hustling, bustling Roath – and its quieter, leafier neighbour Penylan – than meets the eye

By HUGO BALL

Scott Memorial Lighthouse on Roath Park Lake, busy with resident swans and pedalos



THE TREES
AND 'GREEN-NESS'
ARE WHAT MAKE
ROATH SO
SPECIAL





Smiley Melissa Boothman and Jo Makein, co-owners of popular cafe and deli Penylan Pantry – always warm and homely

Even on the greyest of Cardiff days, a wander around Roath and Penylan offers plenty of rewards, with a panoply of cool cafes, charity shops, galleries and green, wide open spaces to enjoy. One of Cardiff's most colourful, creative and unique destinations, Roath is steeped in history. Legend has it that the area was once used by Anglo-Norman baron Robert Fitzhamon, who became the leader of Glamorgan in 1075, settled in Cardiff Castle and used the area as a farm to feed his many household workers. Today, of course, things have moved on a bit...

Well-known for spectacular and leafy Roath Park (with the iconic Scott Memorial landmark in the middle of its magnificent lake, busy with swans and pedalos in warmer weather), quirky independent shops and cosy cafés, the area is a thriving hive of activity. Roath's boundaries – which bleed into Cathays and Penylan to the west and north, and Adamsdown and Splott to the south and south-west – are somewhat blurred, but this just adds to its intrigue and charm.

"The trees and green-ness through the parks are partly what make Roath so special, watching the seasons change in the leaves, the magnolias and ginkos – Roath Mill Gardens, for example, is like a mini arboretum," says Zoe Gingell from local cafe/gallery Cardiff MADE. "Roath is a family place – it feels safe, and you feel included as part of a broad and welcoming demographic of many cultures."

Kasim Ali, owner of Waterloo Gardens Teahouse in Penylan, agrees. "The parks are a real highlight. As well as the more well-known Roath Park and the rec, when you cross over Penylan Road you come across Roath Brook, Roath Mill and Waterloo Gardens – the heart of Penylan. It's in these parks where the kids grow up with their peers, their parents become friends and the dog walkers relax. As a resident, I love the sense of community here, and the understated vibe that both the area and residents have. There is no other place I'd rather live in Cardiff."

MOOCHING AROUND

Roath is just so good for mooching, with plenty of intimate eateries and cafés dotted around for when you fancy a hunk of cake or something more substantial, with every foodie whim seemingly catered for. "There's definitely a pioneering foodie spirit going on, catering to a more health-focused, alternative and 'careful' consumer," says Zoe. "Anna-Loka, new on the block on Albany Road, with its all-vegan cuisine, is a current example. Customers are loyal to independents like ourselves who offer a real sense of place and use only local suppliers and producers."

Speaking of alternative, one of the area's most popular hotspots is 'plant-based' (i.e. vegetarian) cafe and restaurant Milgi, located on City Road. ➤

Decidedly quirky, but in a super-cool way, their inspired eccentric menu constantly changes, according to what's being grown locally. Current seasonal nibbles include a Peruvian superfood plate, beer-battered halloumi with triple-cooked chips and heirloom tomato relish, and a raw berry cheesecake with a walnut and fig crumb. They also do great alcoholic and non-alcoholic cocktails, including detox smoothies, cool cocktails and a fab-sounding chilli hot chocolate, made with homemade chilli syrup.

THE CHAR'S THE STAR

The area really punches above its weight for excellent pit-stops. Wellfield Road is particularly well-served: Chaiholics, an authentic chai tea-house, serving up quirky chai-infused cocktails and afternoon teas, both traditional British and exotic Indian, is really good. The family-run Tea and Cake (@TeaandCakecafe) is another popular local institution that's always busy. The colourful family-run café serves tasty sandwiches, bagels, salad bowls and specials made to order; the New Yorker, loaded with pastrami, tomato, gherkins, mayo and American mustard, is the only hangover cure you need. If you still need a sweet hit, they do a really indulgent apple and honey cake, too. And Joe's Ice Cream parlour is perfect for kids, big or small. Flavours range from the usual strawberry and chocolate to bubblegum and even a special Welshcake flavour. And do check out the new branch of bistro/lounge The Cameo Club (its original sister venue in Pontcanna was first established in the 1960s), offering all-day eating and drinking.

Over on Kimberley Road, Penylan Pantry is always wonderfully warm and homely. Owned and run by Melissa Boothman and Jolene Makein,



you can enjoy great coffee, pick up lovely pastries (Nata's more-ish, Portuguese-style custard tarts are the business!) and deli treats, and flick through their well-chosen range of contemporary cookbooks. They even deliver organic veg boxes, sourced from Riverside Community Gardens, to your door by bike (email vegbox@penylanpantry.com for more info), and do some fantastic food courses. If you're quick, there's a coffee home-brewing course on 1 October, and a pickling and preserving workshop on 4 October.

(Above) The Cameo Club bistro and lounge recently opened its second venue on Wellfield Road; (Below) Waterloo Tea Gardens serve fine artisan teas and the most fabulous homemade cakes

MADE IN ROATH: THE LOWDOWN

Everyone, but everyone, seems to get involved in this free annual community arts festival, now in its seventh year. It actually runs throughout the year, with a programme of events, exhibitions and activities, climaxing with a week-long extravaganza of creativity in October. Run by artists Helen Clifford, Gail Howard and Becca Thomas, the festival takes art into the wider community, celebrating the creative talent within the area, while bringing in exceptional contemporary artists to Roath – expect to see the work of emerging and established artists, makers, musicians, writers, performers and others.

As usual, we're promised something exciting and intriguing around every corner: this year, there's a boat ride with 'Bogman', appearing on Roath Park Lake to tell stories from before time began, and an appearance from leading poet/author Peter Finch, always compelling and memorable. Or you could stumble across an National Museum Wales exhibition inside a house, Roath's very own hyper-local museum in a shed, or a screening of *Apocalypse Now* at g39. Explore at will!

Made In Roath 2015 takes place from 10-18 October. For more, see madeinroath.com





(Above) Beti Biggs on Albany Road stocks quirky gifts and unique home accessories; (Bottom right) Indie gallery and shop The SHO (co-owner Emily Michael pictured) is celebrating its fifth anniversary

And just up the road is Deli Rouge, another great pit-stop selling cured meats, breads, cheeses, wines etc, plus tapas and sharing plates, available every day. Perch yourself in the window seat with a good book and an aromatic cup of coffee – a great spot to watch the world go by.

which you won't find on the high street. Around the corner, you'll stumble across The Courtyard florists, selling bright, freshly-cut blooms nestled amidst vintage bric-a-brac, adding a splash of colour to Penylan Road. ▷

“
WATERLOO
GARDENS
TEA-
HOUSE IS AN
INTRINSIC
PART OF THE
LOCAL
COMMUNITY
”

CAKE HUB

Also nearby is the lovely Waterloo Gardens Teahouse, curators of fine, artisan teas, which you can also buy online (and they have branches in Penarth and Wyndham Arcade in the city centre, too). Their homemade cakes are fabulous, ranging from the eccentric (chocolate, orange and chilli, or pistachio, rose and courgette with lime frosting, anyone?) to the more traditional Bara Brith or carrot cake. Many of them are gluten, dairy-free or vegan, but you'd never know it - they taste fantastic. An intrinsic and established part of the local community, they also feature the work of local artists on their walls, with regularly changing exhibitions of artwork and photography.

INDIES ROCK!

Roath also has a cool array of colourful independent boutiques and shops. Located on the main Albany Road drag is Beti Biggs, retailers of upcycled and vintage furniture, unusual home accessories and quirky gifts, sourced from around the world, repeating the winning formula of owner Jan Williams's established Pontcanna shop. Ushi's is another local fixture, a contemporary boutique that sells unique designer fashion, jewellery, bags, gifts and home accessories, the majority of





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Everyone seemingly gets involved with free community arts festival Made In Roath (see previous page)

SHARING THE LOVE

Some of the area's resident businesses reveal their favourite local places...

KASIM ALI (WATERLOO TEA)

On Waterloo Gardens, there's Sands Hairdressing, a quaint post office and a 'get you out of trouble' corner shop. Mel and Jo from Penylan Pantry are a real asset for the area, and [restaurant-wise], Roath has jewels such as Milgi, Tenkaichi and Mirchi.

ZOE GINGELL (CARDIFF MADE)

We get a lot of our ingredients and pulses from The Spice Of Life, one of Cardiff's oldest health food shops, and local Asian supermarket Adnan's. And we love eating out at I Cook Thai on Crwys Road. Owner/chef Pim is extraordinary – he talks to you about the food between courses and sometimes gets his guitar out to serenade you.

MELISSA BOOTHMAN (PENYLAN PANTRY)

The Bottle Shop is an amazing independent off-licence, and The Italian Wine Women import great artisan wines from Italy, including the best Prosecco we have ever tasted.

ELIZABETH CAMPBELL (ALBANY GALLERY)

I love the diverse range of shops – there's no need to travel into the city centre. There's free parking, good coffee shops and eating places, a great fruit and veg barrow on the corner of Bangor Street, and excellent art galleries – including The Albany Gallery!

CHRISTIAN AMODEO (I LOVES THE 'DIFF)

Wellfield Road has always been brilliant for shops and, increasingly, places to eat. I often have lunch on the rec, or pop into The SHO gallery or Wellfield Bookshop for a browse. One of the best pasta places in the city is the newly-relocated Il Pastificio, opposite The Claude pub – it's superb. Speaking of pubs, The Albany is my favourite one east of the Taff...

RETRO FINDS

There are also a couple of gems tucked away on Wellfield Court. Penny Lane Vintage is great for retro finds – when we nipped in, they had a gorgeous old Dansette record player in full working order and a fantastic haul of vintage and antique cameras (see pic below). For blokey clobber, Mojo King stocks sleek, retro-style threads (including Pretty Green and Fred Perry) rooted in the fashions of Northern soul and the British mod scene. And as we're on the subject of music, just a few minutes away on Inverness Place is The Record Shop, a haven for vinyl collectors. Owned by Paul Brown, it's been open for over 20 years and is a real Aladdin's cave, with boxes upon boxes of records covering almost every genre you can think of. We picked up a mini-haul of great vinyl booty...

While you're there, you might as well nip into The SHO next door, a friendly indie gallery and shop with frequently-changing exhibitions and events, bringing together 2D and 3D artwork, modern design and digital art, showcasing local and international contemporary artists and illustrators.



A haul of antique cameras at Penny Lane Vintage

Owners Emily Michael and Dan Hardstaff are passionate about encouraging creativity in the local community, and actively support artists living in the area. "We're currently planning our fifth birthday anniversary exhibition (opening party on 16 October), with at least 20 local artists and designers, all of whom have contributed to the gallery's success over the years," says Emily. "And there are also lots of new collections on the way for Christmas, so we're looking forward to that!"

GOT IT MADE

If you like the sound of The SHO, then cafe/deli and gallery Cardiff MADE is sure to appeal, too. Located on the corner of Lochaber Street and Angus Street, it aims to provide a platform for the work of local designers, makers, artists, photographers and performers, offering an exhibition space, special events/performances, interesting workshops and a café/deli space in which to meet and eat. It's also linked with the annual Made In Roath arts festival, a vibrant, free, artist-led event that aims to take art out of the gallery and into the wider community. ▷



Who doesn't love a bit of Joe's ice cream?

STREET LIFE

As per previous years, expect the usual colourful mélange of emerging and established artists, makers, musicians, writers and performers, using the whole of Roath and Penylan as their stage – including domestic, commercial, public, overlooked or disused spaces (see box-out on opening page). “There’s a real feeling of community here,” says Zoe Gingell. “Events like Made In Roath rely on the efforts and participation of local volunteers, and the creativity and generosity of spirit of its residents.”

Community is important to Penylan Pantry co-owner Melissa Boothman, too. “For me, Roath and particularly Penylan has a strong sense of community, something that’s super-important when I’m looking for a place to call home. I was brought up in the country and when I first moved to the city I really missed the lack of community – until I moved here. I love the diversity of City Road, the charity shops on Albany Road and the buzz of Wellfield Road. I love the tree-lined streets too, with row upon row of beautiful Edwardian houses.”

ART AND SOUL

On a more traditional tip, privately-owned art gallery Albany Gallery is something of a fixture around these parts. First opened in 1965 on Albany Road, it celebrates its fiftieth anniversary this year – no small achievement. Its exhibitions change almost every month, featuring work from leading and revered Welsh and British artists, from the work of landscape painter Sir Kyffin Williams to more contemporary artists such as Iwan Bala, alongside sculpture, ceramics, glass and jewellery.

Also long-established is modern craft shop and



gallery space Oriel Makers. Run by a group of artists and makers, it stocks all manner of unusual and interesting paintings, studio ceramics, metalwork, photography, textiles, leather and jewellery, much of it locally made – check out Alun Rees’s striking bowls and platters, beautifully fashioned from wood with pronounced grains (such as Burr oak or walnut), obtained from fallen trees and commercial offcuts. Culture-lovers will no doubt also want to head to arts venue The Gate on Keppoch Street, which champions and showcases everything from drama, dance and music to the written word and visual art. All this, of course, is merely the tip of the iceberg, so go forth and explore – you’re bound to turn up equally worthy gems of your own... **CL**

Popular vegetarian and after-dark hotspot Milgi serves tasty and imaginative food, made from seasonal produce

YOU HAVE BEEN READING

Those inspiring Roath and Penylan cafes, shops and businesses, at a glance...

ALBANY GALLERY
albanygallery.com

BETI BIGGS
betibiggs.com

CARDIFF MADE
@CardiffMADE

CHAIHOLICS
chaiholics.com

DELI ROUGE
delirouge.co.uk

JOE'S ICE CREAM
joes-icecream.com

MILGI
milgicardiff.com

MOJO KING
mojokingclothing.co.uk

ORIEL MAKERS
orielmakers.co.uk

PENNY LANE VINTAGE
@penny60boutique

PENYLAN PANTRY
@PenylanPantry

THE CAMEO CLUB
cameoclub.co.uk

THE GATE
thegate.org.uk

THE RECORD SHOP
Tel: 02920 453093

THE SHO
thesho.co.uk

USHI'S
ushis.co.uk

WATERLOO TEA
waterlootea.com



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THE ARTS

A FEW NOTES ON THE CULTURE

Cardiff Life
LOVES



FLY THE NEST

Now in its fourth year, the current *Graduate 2015* exhibition at Wales Millennium Centre (curated by artist Richard Billingham, and on until 15 November), showcases some of the best work created by Wales-based art graduates, across a range of mediums.

There's talent and creativity in abundance, but our eye was particularly drawn to the work of Alexana Blott, who recently graduated from Cardiff School of Art & Design. She describes her work as "an exploration of beauty and life within sculptural pieces." Focusing on the natural world, her intricately-wrought pieces – such as 'Bird', pictured above – bring beauty to the "commonplace or throwaway elements of our lives."

Using a mix of preloved and new cutlery, she creates creatures with flowing forms and gentle curves that, if you squint just a tiny bit, almost look alive. The transformation of spoons into animal forms, she explains, gives an otherwise mundane object a "new purpose and sense of wonder, whilst drawing the mind back to nature." As works of art, they're exquisite – aesthetics, engineering and creative vision in perfect harmony.

For more: wmc.org.uk, alexana-blott.co.uk

25 September – 25 October

WHAT'S ON

OUR SUGGESTIONS FOR YOUR MONTH



Tom Jones chats and sings at Wales Millennium Centre; star harpist Catrin Finch; Michael Fassbender shines in the big-screen adaptation of Shakespeare's *Macbeth*

Plays/Shows/Performance

UNTIL 9 OCTOBER

WELSH NATIONAL OPERA

WNO return with Handel's *Orlando* (27 Sept, 3 & 7 Oct) – exploring the destructive side of love, it's considered one of the composer's greatest operas; and musical thriller *Sweeney Todd* (8-9 October), Stephen Sondheim's masterpiece about the 'demon barber of Fleet Street'. Wales Millennium Centre; wmc.org.uk

29-30 SEPTEMBER

STILL LIFE

Suffusing the ghost stories of renowned horror writers Edgar

Allen Poe and MR James with their own haunting take on Victorian Gothic, Mappa Mundi return with dark tales of horror to chill the soul. Royal Welsh College Of Music & Drama; rwcmd.ac.uk

30 SEPTEMBER – 3 OCTOBER

THE DROWNED GIRL

At times funny, sometimes sad, and in a world where reality meets fantasy, Wales Drama Award-winner Kelly Jones's one-woman play centres on lost youth, lost loved ones – and mermaids. Chapter; chapter.org

3 OCTOBER

FIRE IN THE NORTH SKY

Enchanting, offbeat songs and haunting rhythms from the Kalevala – Finland's 19th

century work of epic poetry, based on Finnish folklore and myth – brought to life by three virtuoso Finnish musicians and storyteller Nick Hennessey. Royal Welsh College of Music & Drama; rwcmd.ac.uk

8-10 OCTOBER

147 QUESTIONS ABOUT LOVE

Are your emotions pure? Have you ever stood naked in the rain? Was your father a bastard outright, a medium bastard or a light bastard? An intimate, funny conversation between a man, a woman and an audience, inspired by Padgett Powell's wonderfully witty novel *The Interrogative Mood*, composed entirely of questions. Chapter; chapter.org

8-17 OCTOBER

YURI

Patrick and Adele can't have children. And then Yuri appears. But who is he, and why is he here? Presented by acclaimed theatre company August 012, and adapted by award-winning writer Dafydd James (*My Name Is Sue*), Fabrice Melquiot's absurd comedy touches on love, infertility, sex, the strangeness of our world and the stranger in your living room. Chapter; chapter.org

9-24 OCTOBER

A DOLL'S HOUSE

Ibsen's full-blooded, incendiary tale of a family unravelled by secrets, revived and reimagined by director Rachel O'Riordan. Sherman Cymru; shermancymru.co.uk

20-28 OCTOBER

LAND OF OUR FATHERS

Set in 1979, in South Wales, six Welsh miners are trapped down a coal mine. As they await rescue, edgy banter gives way to dark secrets, as accusations begin to fly. Rich with comedy, Chris Urch's award-winning debut play echoes a generation of lost voices. Wales Millennium Centre; wmc.org.uk

21-24 OCTOBER

PARALLEL LINES

Steph is 15 years-old, rebellious, strong and smart. Her mum is brazen and full of Cardiff charm. Simon is her teacher: he's sensitive, clever and Steph's favourite. But when Steph makes a serious accusation against him, their lives begin to unravel... Chapter; chapter.org

22-31 OCTOBER

IN ARABIA, WE'D ALL BE KINGS

Pre 9/11 America, in the late 1990s – and a lowlife bar in New York's notorious Hell's Kitchen is bracing itself for Mayor Giuliani's mission to clean up the city. Meet Chickie, Daisy, Lenny and Jake, hustling through each day in Pulitzer Prize-winning playwright Stephen Adly Guirgis's gritty parable of lives on the edge. Royal Welsh College Of Music & Drama; rwcmd.ac.uk

23-25 OCTOBER

BROADWAY TO THE BAY

Wales Millennium Centre's tenth anniversary culminates with the glitz and glamour of Broadway, featuring favourite moments from the musical blockbusters of the Centre's first decade. Star performers include Kerry Ellis (*Wicked*), John Owen-Jones (*Les Misérables*, *The Phantom Of The Opera*) and Ruthie Henshall (*Chicago*), reprising their best-known roles live on stage with the 38-piece Novello Orchestra. Wales Millennium Centre; wmc.org.uk

23-31 OCTOBER

THE LONDON CUCKOLDS

Edward Ravenscroft's anarchic 1681 romp finds its full risqué expression in Terry Johnson's highly fruity adaptation, teeming with sex, scandal and a gloriously improbable plot. Royal Welsh College Of Music & Drama; rwcmd.ac.uk

Comedy

3 OCTOBER

MARK OLVER

More mirth from the established Bristol comic and warm-up man for telly's *Deal Or No Deal* and *8 Out Of 10 Cats*. Jongleurs; jongleurs.com

22 OCTOBER

ROB BECKETT

Smiley stand-up from London's fast-rising cheeky chappie. Glee Club; glee.co.uk/cardiff

22 OCTOBER

TIM VINE

The punslinger and *Not Going Out* star returns with new jokes, silly songs and twitchy dancing. St David's Hall; stdavidshallcardiff.co.uk

23 OCTOBER

FESTIVAL OF THE SPOKEN NERD: JUST FOR GRAPHS

Science/comedy curio for 'the insatiably sci-curious'. The Gate; thegate.org.uk

24-25 OCTOBER

DARA O'BRIAIN

Absurd stories, rapid-fire quips and crowd-tickling patter from the *Mock The Week* host. St David's Hall; stdavidshallcardiff.co.uk

Film

UNTIL 1 OCTOBER

THE DAMNED: DON'T YOU WISH THAT WE WERE DEAD

Lemmy filmmaker Wes Orshoski's story of the pioneers of punk, shot around the globe over three years. The film charts the band's complex history and notorious in-fighting, featuring interviews with contemporaries including Chrissie Hynde and Mick Jones. Chapter; chapter.org

16-22 OCTOBER

THE ECSTASY OF WILKO JOHNSON

The extraordinary story of the iconic Dr Feelgood guitarist who, diagnosed with pancreatic cancer and given a few months to live, accepted his fate and embarked on a farewell tour. But two years later, confounding the odds, Johnson is still very much alive, as Julien Temple's extraordinary,



(From top) Mining drama *Land Of Our Fathers*; Festival of The Spoken Nerd

uplifting documentary shows. Chapter; chapter.org

16-29 OCTOBER

MACBETH

A thrilling and visceral retelling of the tale of one of literature's most compelling characters, starring Michael Fassbender, Marion Cotillard and Paddy Considine. Chapter; chapter.org

25 & 27 OCTOBER

BLUE VELVET

David Lynch's iconic, hallucinogenic 1986 thriller, probing beneath the cheerful surface of suburban America. Starring Dennis Hopper, Kyle 'Twin Peaks' MacLachlan and Isabella Rossellini. Chapter; chapter.org

Music

30 SEPTEMBER

NOVELLER

Check American composer/filmmaker Sarah Lipstate's evocative recent album *Fantastic Planet*: rich waves of synth fuse with resonant guitar hues to cinematic effect. Clwb Ifor Bach; clwb.net

1 OCTOBER

LEFTFIELD

The much-lauded dance heroes, now led solely by Neil Barnes, hit the road in support of critically acclaimed recent album *Alternative Light Source*, their first in 16 years. Cardiff University; cardiffstudents.com ➤



The Robert Cray Band
 Tuesday 6 October
 Dydd Mawrth 6 Hydref



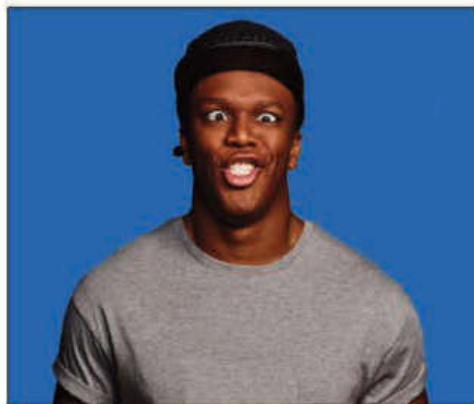
Dresden Philharmonic
 Wednesday 7 October
 Dydd Mercher 7 Hydref



Steve Hackett
 Saturday 10 October
 Dydd Sadwrn 10 Hydref



Stewart Francis
 Friday 30 October
 Dydd Gwener 30 Hydref



KSI Live
 Sunday 4 October
 Dydd Sul 4 Hydref



Armonico Consort
 Tuesday 20 October
 Dydd Mawrth 20 Hydref



Shawn Klush Elvis World Tour
 Monday 5 October
 Dydd Llun 5 Hydref



Jim Davidson
 Monday 12 October
 Dydd Llun 12 Hydref



Cardiff Philharmonic Orchestra
 Friday 16 October
 Dydd Gwener 16 Hydref



St David's Hall 029 2087 8444
Neuadd Dewi Sant www.stdavidshallcardiff.co.uk

1 OCTOBER**SLEAFORD MODS**

Nottingham's rousing belligerent punk-hop duo; latest album *Key Markets* is an uncompromisingly feral tour de force.

Cardiff University;
cardiffstudents.com

2 OCTOBER**CUBAFROBEAT**

Groove-laden Afrobeat/Cuban/Bangladeshi mash-up.

Chapter; chapter.org

3 OCTOBER**BBC NATIONAL ORCHESTRA OF WALES**

Key works by Stravinsky, Elgar, Rachmaninov and others.

St David's Hall;
stdavidshallcardiff.co.uk

3 OCTOBER**TIM BOWNESS, PETER CHILVERS, DAVID RHODES & THEO TRAVIS**

An evening of songs and improvisations presented by online label Burning Shed.

Chapter; chapter.org

3 OCTOBER**SWEET BABOO**

Sparkling melodies and deft lyrical turns from the North Walian singer-songwriter.

The Globe; globecardiffmusic.com

4 OCTOBER**PINKSHINYULTRABLAST**

Fast-rising Russian shoegaze/electronic types.

Clwb Ifor Bach; clwb.net

9 OCTOBER**SQUEEZE**

Witty, observational lyrics and the catchiest of melodies from the enduring new wave popsters, supported by performance/punk poet and 'Bard of Salford' John Cooper Clarke.

St David's Hall;
stdavidshallcardiff.co.uk

12 OCTOBER**A CONVERSATION WITH TOM JONES**

The seminal Welsh crooner talks to BBC 6 Music presenter Matt Everitt about his career, and belts out his favourite songs to boot.

Wales Millennium Centre;
wmc.org.uk

15 OCTOBER**SINFONIA CYMRU**

A kaleidoscopic programme

of chamber music for strings, featuring pieces by Strauss, Bach, Haydn and Tchaikovsky's intensely expressive *Souvenir de Florence*. Royal Welsh College of Music & Drama; rwcmd.ac.uk

16 OCTOBER**CATRIN FINCH**

The fearless, world-renowned harpist performs music from latest album *Tides*, accompanied by the strings of The Pavao Quartet.

Royal Welsh College of Music & Drama; rwcmd.ac.uk

16 OCTOBER**MR SCRUFF**

The Ninja Tune veteran and supreme selector serves up a melting pot of jazz, soul, hip-hop, funk, disco, deep house, reggae, dubstep, Afrobeat and electrofunk.

Clwb Ifor Bach; clwb.net

21 OCTOBER**MICACHU AND THE SHAPES**

Eclectic, avant-garde art-pop hip-hop – strangely infectious, too.

Clwb Ifor Bach; clwb.net

22 OCTOBER**BEAK>**

Dystopian, krautrocking textures from the intrepid Bristol trio, led by Geoff 'Portishead' Barrow.

Clwb Ifor Bach; clwb.net

22 OCTOBER**YEARS & YEARS**

Zeitgeisty synth-pop trio, winners of the BBC's Sound of 2015.

Cardiff University;
cardiffstudents.com

25 OCTOBER**JANE WEAVER**

Cosmic excursions in leftfield folk and space rock.

Clwb Ifor Bach; clwb.net

Exhibitions

UNTIL 3 OCTOBER**DUNCAN JOHNSON**

Solo exhibition of 25 Welsh landscapes in watercolour.

Fountain Fine Art;
fountainfineart.com

UNTIL 4 OCTOBER**FRAGILE?**

Who expects to visit a ceramics exhibition and be asked to bring their vinyl collection?

Or destroy one of the exhibits?

Fragile? showcases the beauty and diversity of contemporary



(From top) Diffusion Festival Of Photography; absurdist comedy *Yuri* centres on love, sex, infertility – and having a total stranger in your living room

ceramics, including the contradiction between two of its inherent qualities – durability and fragility.

National Museum Cardiff;
museumwales.ac.uk

UNTIL 10 OCTOBER**KEVIN SINNOTT & EURFRYN LEWIS**

Contemporary Welsh art depicting the tenderness of human relationships; and Welsh heritage/rugby-themed etchings and prints.

Martin Tinney Gallery;
artwales.com

UNTIL 1 NOVEMBER**GWYN WILLIAMS: CHIPWOOD AND CHOPPERS**

Strangely nostalgic images of Americana juxtaposed with chipwood wallpaper.

Chapter; chapter.org

UNTIL 8 NOVEMBER**HEAT EXCHANGE 2**

Exploring vitreous enamel as a contemporary medium.

Craft In The Bay;
makersguildinwales.org.uk

UNTIL 15 NOVEMBER**KICK-OFFS AND KEEPSAKES**

Multimedia exhibition looking at the story of rugby, with memorabilia from the archives of the Welsh Rugby Union.

National Museum Cardiff;
museumwales.ac.uk

1-31 OCTOBER**DIFFUSION**

Cardiff's International Festival Of Photography, featuring exhibitions, screenings, performances etc, themed on the 'American Dream'.

Various venues; diffusionfestival.org >



(Clockwise from above) *Touchy* at gallery/ten tackles sexual health taboos; Mercury Prize-winning indie trio Alt-J; Dark, spine-chilling tales of horror from Mappa Mundi

1 OCTOBER – 10 JANUARY

**GEORGE BARBER:
AKULA DREAM**

Solo exhibition by the Scratch
Video art pioneer.
Chapter; chapter.org

3-10 OCTOBER

CAPTURED

Musically-driven collaborative
exhibition, featuring prints and
patterns from Gunn Designs and
photographer Sixth Character's
images of Cardiff's vibrant dance
music scene.
Cardiff MADE; cardiffmade.co.uk

3-31 OCTOBER

SERGE CLÉMENT

Documentary photography from
the internationally renowned
Montreal artist.
BayArt; bayart.org.uk

8-31 OCTOBER

SUE WILLIAMS: TOUCHY

Unique art-meets-science
encounters from the visual artist,

tackling sexual health taboos via
painting and drawing installation,
music, poetry and dance.
gallery/ten; gallery-ten.co.uk

10 OCTOBER – 31 DECEMBER

WINTER EXHIBITION

Changing exhibition of new work
from the gallery's artists.
Fountain Fine Art;
fountainfineart.com

Other

ONGOING

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various passages, stairways, nooks
and crannies via torchlight, to see
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mischievous spirits etc have been
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Cardiff History & Hauntings;
cardiffhistory.co.uk

ONGOING

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effects, fly the TARDIS and face
the Doctor's scariest foes in 3D, in
this thrilling adventure through
time and space.
Porth Teigr, Cardiff Bay;
doctorwhoexperience.com

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29 OCTOBER

BOB DYLAN

Still freewheelin' after five
decades, the iconic American
troubadour hits the road.
Motorpoint Arena;
motorpointarenacardiff.com

23-28 NOVEMBER

**THE SHAWSHANK
REDEMPTION**

Stephen King's classic story
takes to the stage in this
new production, examining
desperation, injustice,

friendship and hope behind
the claustrophobic bars of a
maximum security penitentiary.
Starring Ian Kelsey (*Casualty*,
Emmerdale) and Patrick
Robinson (*Casualty*).
New Theatre;
newtheatrecardiff.co.uk

24 NOVEMBER

JIMMY CARR

The effervescent *8 Out Of 10
Cats* funnyman promises the
usual array of indelicate jokes
and coruscating one-liners – just
remember to leave your moral
compass at home.
St David's Hall;
stdavidshallcardiff.co.uk

3 DECEMBER

ALT-J

Mercury Prize-winning indie
trio tour their acclaimed second
album *This Is All Yours*, full of
epic, giddy loveliness.
Motorpoint Arena;
motorpointarenacardiff.com **CL**

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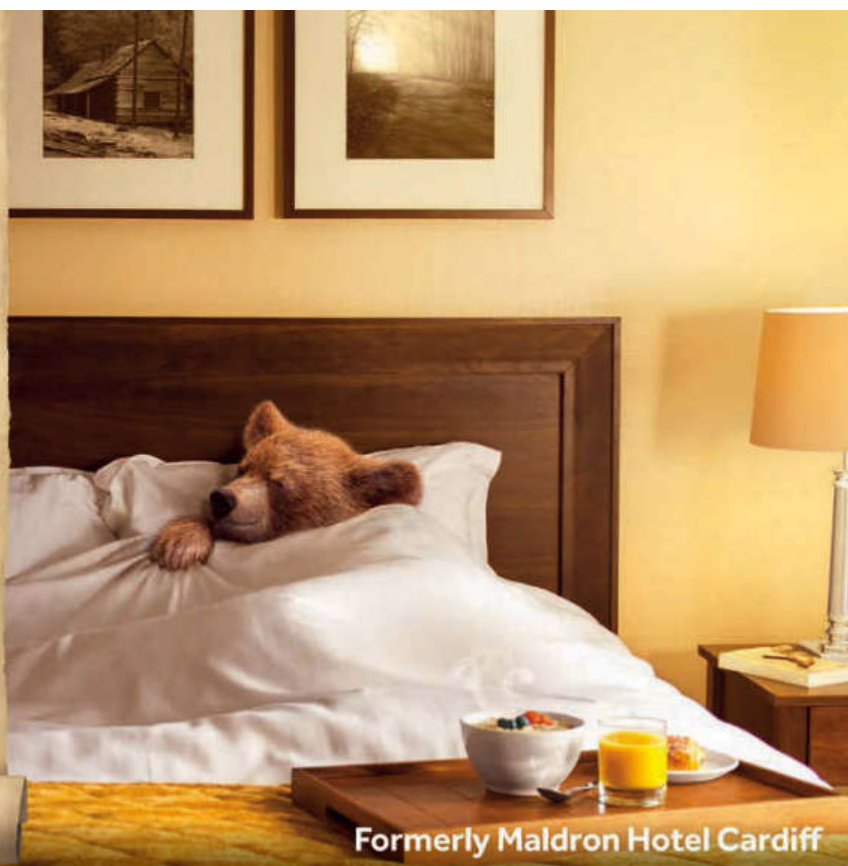
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A high-contrast, black and white photograph of a dancer in a dynamic, low-to-the-ground pose. The dancer is wearing a white tank top, bright yellow leggings, and white sneakers with black soles. They have long, dark dreadlocks that hang down. The background is a dark, textured surface. The lighting is dramatic, highlighting the dancer's form and the vibrant yellow of the leggings.

JUMP TO IT!

The inaugural Cardiff Dance Festival is coming to town, featuring contemporary dance productions by a host of exciting Wales, UK and international artists

By KATIE KISSOON



(Opposite page) *Yellow Towel* by Dana Michel; (Above) Dance and performance artist Eddie Ladd stars in *Dawns Ysbrydion* (Ghost Dance); (Above, right) International artists Igor Urzelai and Moreno Solias sing, hop and dance their way through quirky piece *Idiot-Syncrasy*

“
CARDIFF
DANCE
FESTIVAL IS A
STRONG
FOCAL
POINT FOR
DANCE IN
OUR CITY
”

Contemporary dance in Cardiff and wider Wales just seems to be on an increasingly exponential upwards curve. The Welsh capital alone has become a real hub for contemporary dance in recent years, hosting performances by some of the world's leading companies and choreographers, at venues such as Wales Millennium Centre, Sherman Cymru and Chapter.

Cardiff Dance Festival, a new biennial initiative, is hoping to build on that momentum. Taking place between 10-22 November, primarily at Wales Millennium Centre and Chapter, CDF15 features work by leading Wales-based dance companies and practitioners including National Dance Company Wales, Theatr Genedlaethol Cymru and Eddie Ladd, alongside exemplary work from acclaimed UK and international artists. Woven throughout the performance programme will be an exploration of the relationship between dance and music, with many events involving live scores or original soundscapes.

The festival begins with *Dawns Ysbrydion* ('Ghost Dance', 10-14 November), which opens CDF15 at Wales Millennium Centre's Dance House. Starring lauded dance and performance artist Eddie Ladd, leading an all-female cast, it's a story of endangered cultures, told 50 years after the deliberate flooding of Capel Celyn, a rural north Wales village, which was essentially bombed to create the notorious Tryweryn reservoir to supply Liverpool with water for industry – families were uprooted, land was lost, and a Welsh-speaking community scarred for ever.

Taking inspiration from the ghost dances performed by some of the North American First Nations at the end of the 19th century, the piece is co-directed by Ladd and Montréal choreographer Sarah Williams, with a live, original electronic score by Y Pencadlys. "Ghost dances were performed by many of the native American tribes from the 1880s,"

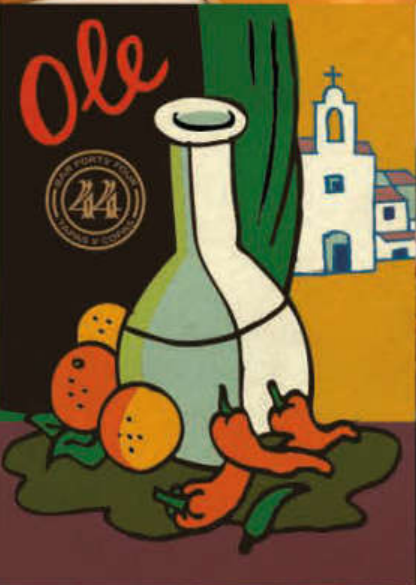
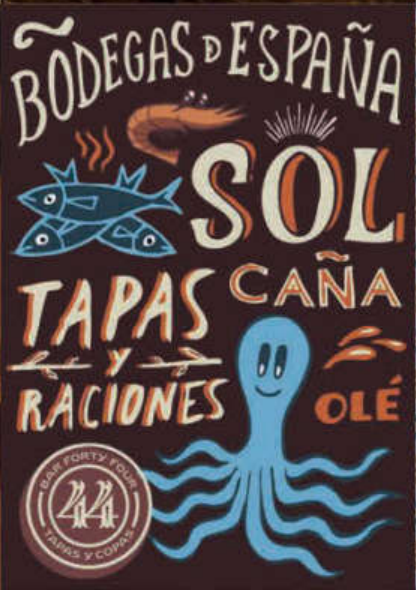
explains Ladd. "The idea of the ghost dance was to communicate with the 'new world' that would arrive on earth one day. These are dances born of crisis – the production suggests that the original action of bombing the Tryweryn reservoir was, in itself, a ghost dance."

There's plenty more action to catch throughout the festival: *Idiot-Syncrasy* (11-12 November, Chapter) features international artists Igor Urzelai and Moreno Solias, who sing, dance and jump their way through this charming, whimsical and quirky piece. Acclaimed Montréal artist Dana Michel's *Yellow Towel* (17-18 November, Chapter) looks interesting, too. As a child, Michel would drape a yellow towel on her head in an attempt to emulate the blonde girls at her school. Here, she revisits the imaginary world of her alter-ego, exploring the stereotypes of black culture.

Other notable performances include *Groove On Down The Road* (13-22 November, WMC), which sees award-winning hip-hop dance company ZooNation working with young Welsh dance talent to re-imagine the classic story of *The Wizard Of Oz*, and three unique pieces from National Dance Company Wales (16-18 November, Dance House, WMC), created by crack European choreographers Alexander Ekman (*Tuplet*), Jeroen Verbruggen (*A Mighty Wind*) and Johan Inger (*Walking Mad*).

"It's fantastic to be able to launch CDF15's programme," said CDF programmer Chris Ricketts. "There's an avid audience for dance in Cardiff – we want the festival to feed into that interest and have lined up performances by some amazing companies. Over the next few years, we hope CDF will be able to stand shoulder to shoulder with some of the best European dance festivals and become a strong focal point for dance in our city." **CL**

Cardiff Dance Festival takes place from 10-22 November. For further details, including tickets, go to dance.wales





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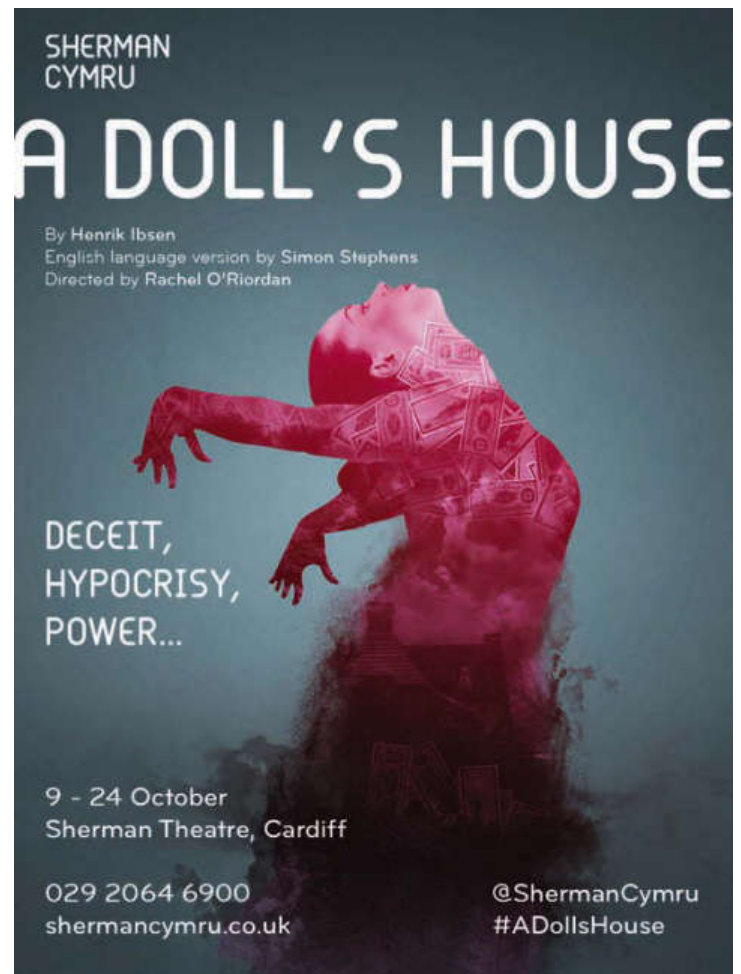
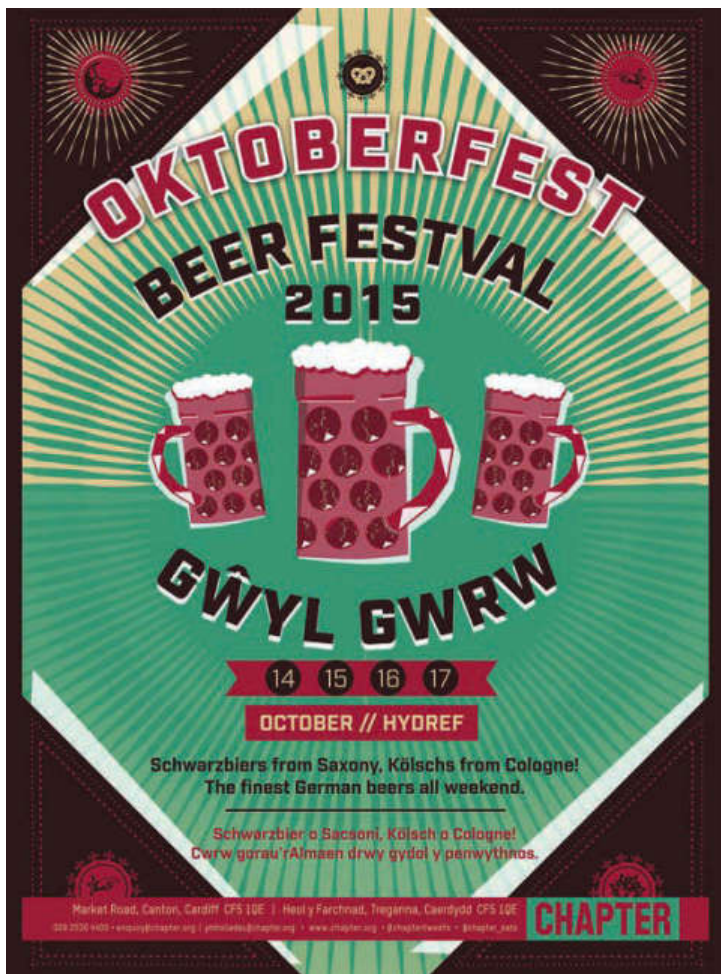
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Cardiff Life
LOVES

PRINTS CHARMING

There's a lovely old-school nostalgic charm to this, don't you think? Rooted in screenprinting and digital illustration, graphic designer Susan Taylor's passion for her craft really shines through in this brash, retro-style 'Cardiff Facts' print. Fusing typography, iconography and bold swathes of colour, its glorious clash of typefaces are sure to appeal to even the geekiest of font-lovers.

With a background in advertising, and having set up her own design studio back in 2007, creating typographical giftware, Taylor is definitely something of a rising star. She also does prints depicting other cities (and in different styles), as well as tableware, mugs, tote bags and other goodies. The 'Cardiff Facts' print costs £35, and is available to buy from her website, or from art space/shop Ginger Whites in Rhiwbina.

For more: susantaylor.design.co.uk



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3. SIT ON IT!

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momentumcardiff.com

4. THREE CHEERS

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33 Royal Arcade, Cardiff;
rossitersofbath.com

5. WOODEN IT BE GOOD

Gazelle walnut desk, £399
Crafted from walnut, and finished with a smoked glass top – simplicity at its best
From John Lewis,
The Hayes, Cardiff;
johnlewis.com



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6 /

7 /



8 /



9 /



10 /



6. OUT OF THE BLUE

Mini Moderns PLUTO wallpaper, £55 per roll
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16 Castle Arcade, Cardiff;
homebykirsty.com

7. SEE THE LIGHT

House Doctor Aston Brass pendant light, £54
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Llangan, Bridgend
house-envy.co.uk

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Llangan, Bridgend
house-envy.co.uk

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The Hayes, Cardiff;
johnlewis.com

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SIMONE LINNEY

Retail manager



ALL WRAPPED UP

There's a slight nip in the air, and we're already – *whisper* it – cranking up the heating. Time to start thinking about that winter coat, says SIMONE LINNEY from Vivienne Westwood



(Above) Blokes in Gucci blouses hit the catwalk – yep, it's a thing; (Below, L-R) Faux fur coat by Mango (£69.99, John Lewis); Anglomania Black State coat (£580, Vivienne Westwood)

GOING UP

Jeremy Corbyn

Ruffling political feathers, and getting Mumsnet users hot under the collar – #SexyJezza is currently trending on Twitter

Rock star androgyny

Men in blouses? Hell, yeah – let's do this!

Hogwurst

Cardiff's best gourmet hot-dogs – keep it classic with 'Ze German', topped with sauerkraut, crispy onions, mustard and ketchup. Perfection!

GOING DOWN

The X Factor

The Saturday night frock-off between Cheryl and Rita – yawn

No-carb diets

No pasta? Are you kidding? It's almost winter...

Swimsuits worn as tops

Just leave it for the pool, okay?

Finding the perfect cold-weather coat is the backbone of any fashionista's winter wardrobe. It may feel like the sun has only just disappeared, but this is the best time to snap up this season's must-have apparel, and beat the autumn rush for that signature look. Coats are the first thing that spring to mind when the weather plummets – well, it's not chic to shiver, is it?

Whatever your winter style, Cardiff has the ideal coat for you. If you're looking for something sleek and practical to keep you warm come the frosty months, then look no further than Vivienne Westwood's classic, military-style button-up Anglomania Black State coat (£580, pictured below). This enduring style has been reworked and perfected over the years by Vivienne herself – the angled buttons give the coat that notorious Westwood edge, teamed with an elegant cut. It's a coat with timeless appeal that you'll end up wearing year after year.

Or you can keep out the chill by glamming it up with another returning favourite – a faux fur



Gray & Willow's stylish white stripe coat (£199, House Of Fraser)

statement piece. With the advances in faux fur technology, there's really no reason to buy the real deal, so go on and fake it – it's an easy way to make a statement this winter while staying bang on-trend. Faux fur made a strong impact on the catwalk this season, but it was the use of stripes and colours that really caught the eye. Mango's striped faux fur number (available at John Lewis) looks like it has pounced right off a model's back, and is already selling out fast. The monochrome effect adds a touch of retro elegance, and at £69.99, it's a real steal.

There's always a touch of indulgence in the fashion world around this time of year, and nothing screams luxury and elegance louder than white. White winter coats may sound impractical, but they have the potential to turn heads – you'll be strolling around Cardiff feeling like the coolest snow queen ever. The white coat really has gained VIP-like status amongst fashionistas, and there are some amazing options to update your look. Gray & Willow's streamlined white stripe coat (£199, House Of Fraser, pictured above) is gorgeous – just turn up the collars for a bit of attitude. And watch out for those gingerbread coffee spills! **CL**

Simone Linney is retail manager for Vivienne Westwood in Cardiff. For more, see viviennewestwood.com



CHEFS' NIGHT OUT

An evening with four of the best talents
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Hywel Jones Lucknam Park



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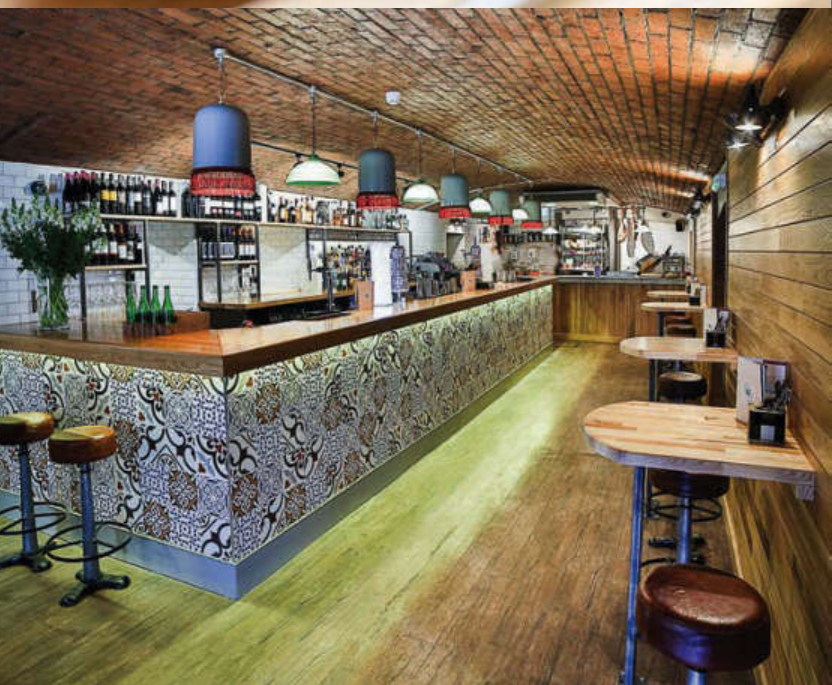
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Bar 44

With the recent opening of its third local branch in the middle of Cardiff, this authentic, award-winning tapas experience has truly outdone itself

By VELIMIR ILIC

Regular readers won't need reminding of how much we love tapas restaurant Bar 44 – they're mentioned in dispatches often enough, after all – to the point where it's almost bordering on obsession. But honestly, it's not just us. With their unbridled passion for modern, authentic Spanish food, owners Owen and Tom Morgan's colossal reputation precedes them. Theirs has been a well-documented local success story – in the 13 or so years since opening their inaugural tapas bar and restaurant in Cowbridge, the brothers have opened another even more successful branch in Penarth, and bagged numerous awards ('Best Restaurant' runner-up in *The Observer Food Monthly* last year, Readers' Restaurant Of The Year For Wales in the *Waitrose Good Food Guide*, and of course the 2015 *Cardiff Life* 'Restaurant' Award – won jointly with Bully's – which was voted for by independent judges).

Now, having finally bitten the bullet, they've recently opened their third branch on Westgate Street in Cardiff city centre. From the moment you walk in, it feels like a significant step up – everything seems somehow bigger, in-ye-face, cooler, more visually striking. With a striking wall mural as centrepiece – think urban street art meets traditional Spain – by renowned Spanish artist Andy Rivas, some serious thought has clearly gone into this.

“THE SLINKY MUSCOVADO AND HONEY CHEESECAKE WITH SOUR CHERRIES IS AS X-RATED AS DESSERTS GET”

It's big on atmosphere, too – even for a Friday night, it's crazy busy. The space is far from small, but virtually every table is taken. Everyone's smiling and laughing; this crowd-pleasing hotspot is as buzzing as any good restaurant should be on Friday night, but it feels special (if *Cheers* did tapas, it would be like this) – most definitely the place to be. The impressive drinks list appears to be going down a storm; it even includes an exceptional choice of sherries, something of a Bar 44 speciality. (An expert at pairing sherry with food, Owen is one of only a few people in the

UK – and the only person in Wales, natch – to qualify as an official certified sherry educator, having been trained in Jerez, southern Spain.)

But what Bar 44 does best is combine artisan ingredients from Spain's finest independent suppliers and producers with high-quality local produce. There are two separate menus – La Despensa (essentially, really good regional Spanish produce to pick at with a glass of something chilled), or De La Cocina, the slightly more serious tapas experience. Regular dining companion O-man and I decide to go for a bit of both.

We start with mojama (salt-cured, air-dried Cádiz tuna loin). Sliced super-thin, and adorned with piquillo peppers and almonds, it's really exciting to eat tuna this way: crumbly, melt-in-the-mouth, with a surprisingly mellow, smoky flavour – a genuine revelation. The Cantabrian beech-smoked anchovy tostadas, with pisto (a Spanish take on ratatouille) and pine nuts, are a full-on flavour assault, too. And we couldn't resist a bit of jamón serrano from Bellota – cured for up to four years, it's described on the menu one of the world's finest acorn-fed iberico hams, and rightly so. Intensely grassy, buttery, oaky and slightly nutty, it's mouth-puckeringly gorgeous. “I see Miss Piggy, dressed up, with rosy cheeks,” says O-man. “We're eating glamorous pig.”

We're on a roll. Next, delicious merluza: super-fresh, crispy hake (“You can almost taste the sea,” says O-man) with alioli and capers. Divine. Then, remolacha: different varieties of beetroot, slicked with an intensely sweet, syrupy pickling liquor reduction, made from Moscatel wine vinegar – real alchemy on a plate. “If I had to shut my eyes and guess what sort of food I'd just eaten, I'd say it was rainbow-coloured,” says O-man.

It just keeps coming: lamb neck fillet, soft, robust and meaty, with peppery salsa verde, chorizorra (Basque-style cured sausage) and charred shallots providing a glorious thwack of flavours; fall-apart confit chicken thighs with green padron peppers and good romesco sauce; morcilla curado – a kind of rich scotch egg, made with smoked black pudding, as unctuous as you like. And a board of wonderful Spanish cheeses, served with Pedro Ximénez-soaked raisins, tomato and shallot jelly and baked rye and raisin toast, made by award-winning artisan bread-maker Alex Gooch from Hay-on-Wye – well worth seeking out. The Cabrales, a piquant ‘cave-matured’ rustic blue cheese, is particularly good and poky. “That's so intimidating,” says O-man. “I can't stop winking.”

We made short work of puds, unsurprisingly: a trio of homemade ices (salted marcona almond caramel and chocolate and Pedro Ximénez ice creams, and a Valencian orange sorbet) are disarmingly sensual. And a slinky muscovado and honey cheesecake with sour cherries, about as velvety and X-ratingly sexy as desserts get. Not that it needed to, but Bar 44 has seriously upped its game, delivering even more delicious tapas than we had in Spain last year – no word of a lie. London surely calls. Seriously, you need to go. Right. Now. **CL**

DINING DETAILS Bar 44, 15-23 Westgate Street, Cardiff CF10 1DD; Tel: 02920 090444, bar44.co.uk **Opening hours** Monday to Thursday, and Sunday, 11.30am to 11.30pm; Friday and Saturday, 11.30am to midnight **Prices** Snacks to pick at from £1.75, tapas from £4.50, charcutería (cured meats) from £3.90, regional cheeses from £4.25, desserts from £2.95 **Child-friendly** The little ones have a separate 'ninos' tapas menu **Vegetarian choice** Plenty of goodies to pick at **Wine list** Unrivalled – a carefully-chosen array of Spanish wines, cava, sherries, craft beers, spirits and cocktails **Service/atmosphere** The cat's whiskers – 'nuff said

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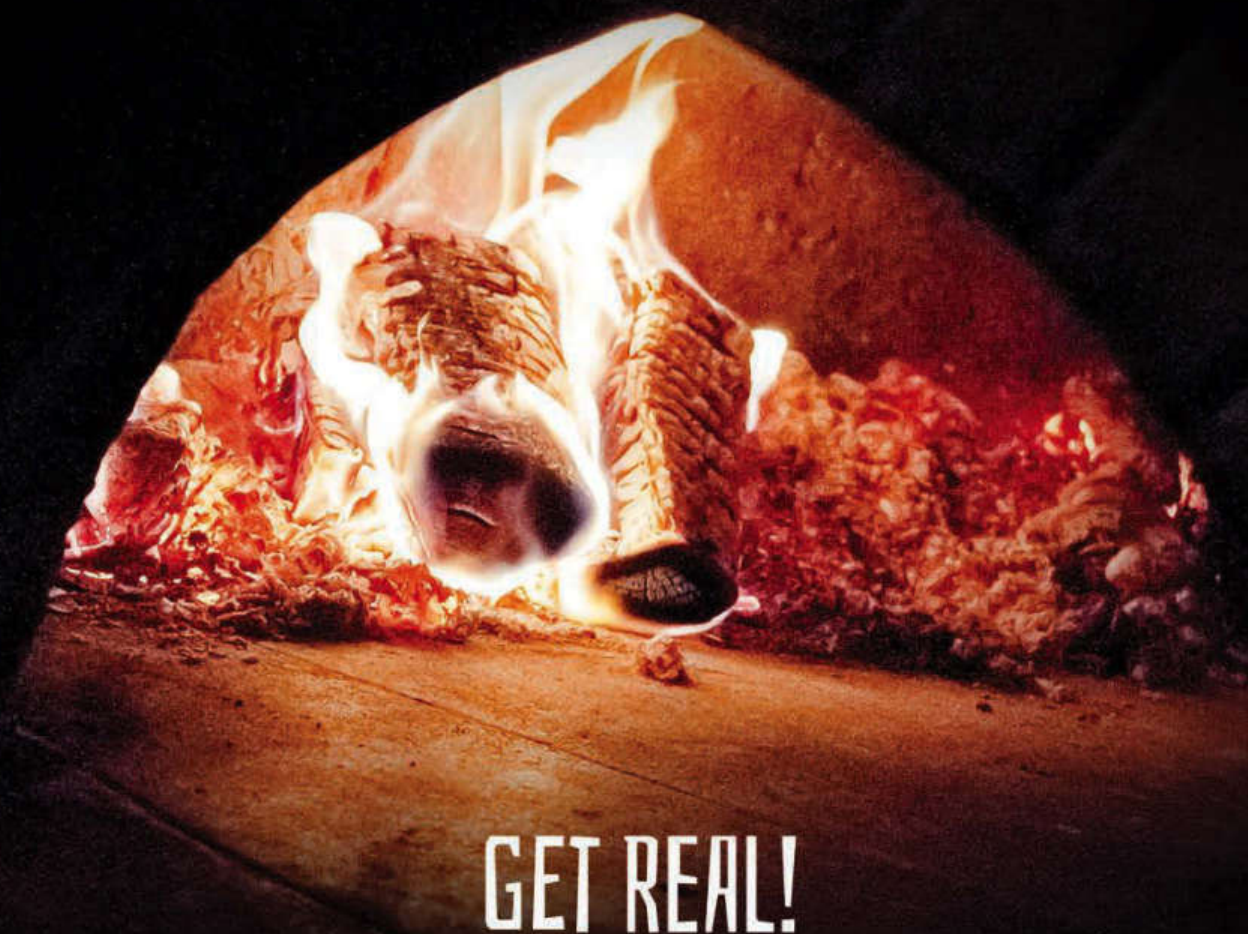
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WHO'S IN THE HOUSE!

Sci-fi refusenik **DAVID MAHONEY** bites the bullet and attends the Cardiff preview of the new series of *Doctor Who*

I'm just going to come straight out and say it – I've never seen an episode of *Doctor Who* [You're fired – Ed]. As a Cardiff boy, I feel ashamed to say it, but it's never really appealed to me, despite it putting Wales on the map as a centre for film and television production. I just don't get it! What's the obsession? What can possibly be so fascinating about the adventures of a rogue Time Lord from the planet Gallifrey [Been Googling, Dave? – Ed], travelling around in an old blue police box? It'll take more than a bloke wielding a sonic screwdriver to tempt me away from my accustomed Saturday night in front of *Strictly*...

So, when I was recently invited to the premiere of the new series of *Who* (including a Q&A with Peter Capaldi, Jenna Coleman and writer Steven Moffat), my initial reluctance was replaced by an element of intrigue. I convinced myself that this was an opportunity to give the iconic programme a fair chance; maybe I'd be hooked, just like the millions of *Who* fans around the world who hang on the Doctor's every last quip.

I arrived at the red carpet, still feeling somewhat dubious. But there was a real sense that something very big was happening – crowds of *Who* enthusiasts had gathered, desperately waiting to catch a glimpse of their favourite characters. It quickly became very clear to me that *Who* is an institution,

“MAYBE I'D BE HOOKED, LIKE MILLIONS OF *WHO* FANS AROUND THE WORLD”



with a fiercely loyal following. Surrounded by Whovians, I entered the dimmed cinema, seemingly the only one who didn't know a Cyberman from a Sontaran.

To say I felt intimidated would be an understatement – my undercover mission as a non-believer was beginning to feel like an idea I'd soon live to regret. Even I was quick to recognise the unmistakable theme tune as the opening titles began to roll, but I wasn't quite as quick to join in with the sudden outburst of rapturous applause that followed.


Ninety minutes and two episodes later, and my first experience of 'seeing what all the fuss was about' was over. And whilst I'd be lying if I said I had some sort of life-changing epiphany, even my inherent dislike of sci-fi didn't deter me from actually enjoying what I saw. Yes, there were times when it was difficult to accept far-fetched concepts, but once I'd embraced that, I couldn't help but appreciate the talent, passion, hours of graft and vision that goes into making a production of this scale.


It's a real testament to what Cardiff

has become. As a hub of creativity, with Pinewood Studios, BBC Roath Lock etc, it is single-handedly responsible for opening the doors to numerous large-scale film productions from around the world. Not quite Hollywood, but pretty impressive nonetheless. Even Cardiff-produced telly shows such as *Stella* – the most-watched comedy series on Sky – are making a huge impact. Whilst I can't say too much about it, you might see a few familiar faces from a certain – *ahem* – Welsh male vocal ensemble in the next series. More on that another time...

And regardless of my general feelings towards *Doctor Who*, there's no doubt that it has become part of the fabric that makes Cardiff such a vibrant and exciting place. After all, we're a creative bunch, and they say that creativity is contagious. Long may it continue! **CL**

Follow David on Twitter @david_mahoney, or at onlymenaloud.com


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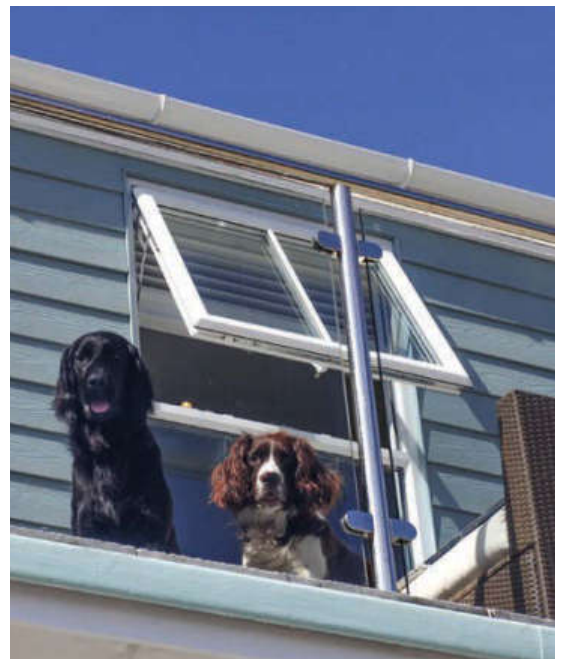
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THE WHEAL DEAL

Tin mines, a coastline on steroids and near-misses with Aidan Turner – our stay at Mullion Cove Apartments could hardly have been more memorable

By DERI ROBINS

Started early, took the dogs; the apartments are the perfect base for exploring the beautiful Lizard peninsula





Wheal Coates,
and a Springer



Chapel Porth

The disconsolate-looking middle-aged couple with matching anoraks and northern accents stopped at the top of the slipway at Mullion Cove.

"There's nothing here," said the man, gazing in a displeased kind of way over the lobster pots and boats with their jaunty red floats, over to the ocean beyond.

He was dead right. There are no gift shops, no arcades, not even a pub. Instead, just a timeless working harbour, its stone walls crumbling a bit, great towering cliffs, and a few thousand seabirds.

This was our view for three days, from the New England-style clapperboard building at the water's edge, overlooking the harbour. We watched the sunset bathe the sky in outrageous dayglo shades of red and orange, fell asleep to the waves crashing on the shore, and woke to the sound of fishermen bringing back the catch.

And apart from the northern couple, who shot us one last unimpressed glance as we sat out on the terrace, drinking in the view, we were the envy of all who passed by. You could almost lip-read their conversation: 'How do we get to stay *there*?'

Easy! Freshly launched this year, and fitted in the most tasteful, coastal/Nordic style, the Mullion Cove Apartments are the latest offshoot of Mullion Cove Hotel, with its unrivalled position high up on a cliff on a headland of The Lizard.

The apartments are seriously luxurious digs, with soft, pale carpets – and mad fools that they are, they let you bring the dogs. And while in high season a lot of the A-list beaches are out of bounds to pooches, there are still plenty that welcome them – our daily walk was at Gunwalloe, a cove that featured heavily in *Poldark*.

Apropos, guess who was staying in Mullion Apartments just a week before we visited? Only Aidan 'Ross Poldark' Turner, filming the latest adaptation of Agatha Christie's *And Then There Were None*! Unaccountably, I was more disappointed about this near-miss than Your Man, who declined to comment when I suggested that had our visits coincided, we might have asked Aidan to pop up for a bit of the auld craic – or to take part in a scything contest, perhaps.

Everything, but everything, is more dramatic in Cornwall. Even getting to the beach from the apartment is a Grade-I Famous Five-style adventure. The entrance to the sandy cove is via a stygian cave in the rocks opposite, which threads some fifty feet through the dark, damp bedrock before opening out onto the sand.

You can't help speculating on the value of the contraband transported through here over the centuries – or admiring the agility of the local kids, who skip through this pitch-black slippery hole as if it was a tarmac road in full daylight.

Amazingly, once you get to the other side,

there are full families kitted out with windbreaks, collapsible chairs and picnics – you clearly just need a bit of practice, or possibly to be born with a surname prefixed 'Tre-'.

It's a lot easier to get to the hotel, via the South West Coastal Path – a short if steepish walk up the cliff, with a double-AA-rosette-restaurant waiting for you at the top. Ask for a window seat, and watch the sun sinking beyond the horizon as you order up local scallops and lobster; it may be the best view you've ever had from a dining table.

The path connects Mullion Cove to the rest of the Lizard, and indeed the rest of Cornwall. Fishermen, smugglers, shepherds and outlaws have tramped along this spectacular walk. It's not too arduous – for the most part a gentle saunter will take you past savage rocks and a crashing ocean on one side, and meadows crammed with thyme, clover, tormentil, orchids, wild camomile and Cornish heather on the other.

Overhead raptors and seagulls wheel about, contemplating lunch. The area is also home to rarities such as Shrike and Wryneck, which although sounding like estate agents, are in fact amongst the area's shyer avian inhabitants. The coastal path is not wildly vertiginous, and a tickle of sea-stunted bushes provide a sort of barrier; with a little care you'll have no problems. Anyway, cut out this paragraph and if you do get into difficulties, show it to the cliff rescue people.

The village of Mullion a mile up from the apartments has been hunkered down against the elements since medieval times. Today, the tangle of narrow streets are lined with cafés, a fish-and-chip shop, and a pop-up Indian restaurant – although Your Man claims that a sudden pop-up squall sent him scurrying for the shelter of the local pub, The Old Inn.

No *Poldark* fan can visit the area without taking in at least one tin mine. Near the little village of St Agnes you'll find Wheal Coates, clinging to the rocks in an almost perversely dramatic manner. The view from the wheal is glorious, as no doubt the tin miners remarked to each other every morning as they traipsed to work.

Nearby Chapel Porth is another gem. At low tide, a wisp of ivory sand curls round rocky outcrops, and the sea booms into caves, chucking spray in all directions. There's also a little beach café that serves outrageously good bacon butties to surfers, hikers and malingerers alike. You can, of course, buy Cornish pasties here, the ultimate finger food, the tin miners' gift to the world – guaranteed to bring a smile to even the most unimpressed northern couple. **CL**

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RADIO DAYS

Capital FM mixes it to mark the end of summer

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Photos by Richie Rich
For more: capitalfm.com/southwales



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street stars



Mikey Rowe, Hywel Butcher,
Rebecca Jones and Rachel Tofts

GOLFING AROUND

Mini golf's first-ever Welsh Open comes to Cardiff

Mini golf pros and novices from across the UK descended on Cardiff recently to compete in the first-ever Welsh Open at Treetop Adventure Golf. The golfers navigated their way through rainforest terrain and interactive dropholes, in the first event of its kind in Wales (see Q&A with Treetop co-founder Elizabeth Perrin on page 95).

For more: adventuregolf.com

Welsh Open novice runner-up Martyn Williams, winner Russell Crocker and Jez Millard, who came third



Marion Homer



Welsh Open champion Michael Smith and Treetop manager Gavin Lewis



Welsh Open runner-up Chris Smith, BMGA chairman Sean Homer and Seve Kukiella



Pro competitors Steve Lovell and Michael Smith



ART OF THE MATTER

Masters Students excel at September show

Students gathered for this year's Masters Degree Show, which took place recently at Cardiff Metropolitan University's new £14million state-of-the-art School of Art & Design (CSAD). The week-long show featured works from 45 Masters students, across disciplines including Ceramics, Fine Art, Advanced Product Design and Art & Design.

For more:
cardiff-school-of-art-and-design.org

Olwen Moseley, John Counsell and Darryl Rothwell



Kim Jones, Lydia Spurrier-Davies and Gail Clarke



David Fitzjohn, Poppy Farrugia, Amy Richards and Tishko Russell



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AVAST, YE LANDLUBBERS!

Pirate-themed fun
at Spindogs

Clients of Cardiff digital agency Spindogs were invited to the Spindogs Treasure Island annual summer party. The rum punch flowed, with various good-time pirates, parrots and even a mermaid or two showing up.

For more: spindogs.co.uk



Jayne McGill-Harris, Rachel Haines, Helen Martin, Vicki Union, Helen Hallam, Kate Phillips (ACT)

Chris Jenkins, Charlotte Cook (Spindogs) and Rachel Pewsey (Traveline)



Lloyd Morgan (Rockadove) and Victoria Wheeler (Amber Energy)



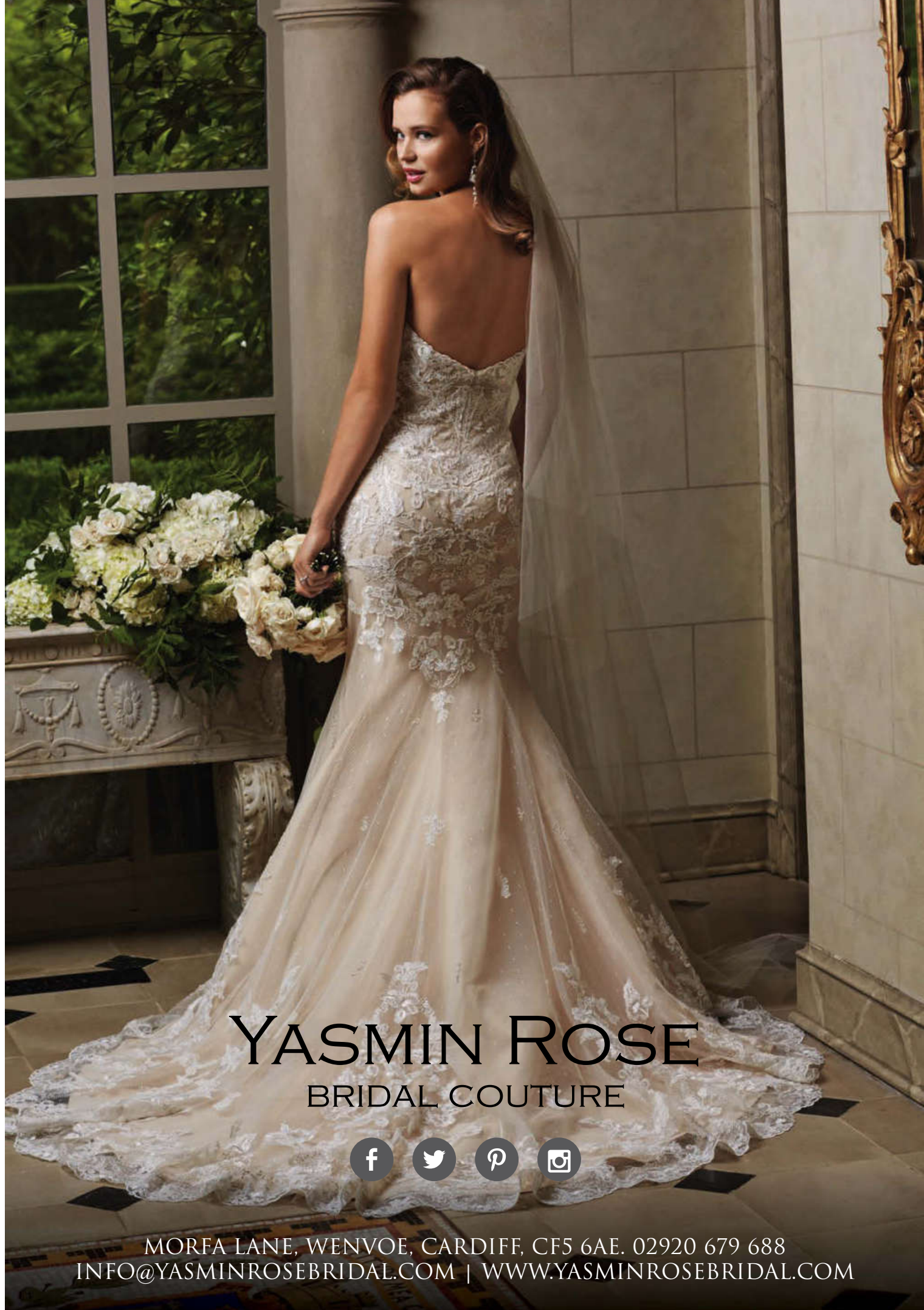
Rhys Ashman (Spindogs), Gwion ap Rhisiart (Taff Housing) and Matt Gadd (Spindogs)



Rhiannon Jenkins, Cassie Houghton (Cardiff Airport) and Angharad Yates (Spindogs)



Liam Giles (Spindogs), Alex Roberts (National Museum Wales) and Olivia Rhichardson (NoFit State)



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HOUSE CALL

More summer shindig fun

Property advisors Cooke and Arkwright recently held their summer drinks reception for clients and guests at the Royal Welsh College Of Music & Drama in Cardiff – an enjoyable evening of drinks and canapés was had by all!

For more: coark.com



James Williams (Blake Morgan), Jess Magnes, Louise Tambini (both Keep Wales Tidy) and Yvette Vaughan (Visiting Arts)



Ian Southwell (Vectos), Hazell Davies (Cooke & Arkwright), Richard Morgan (ITV Wales), Ian Newbury (Cooke & Arkwright)



Gareth Davies (Welsh Rugby Union), Professor Brian Morgan, Michael Lawley (Cooke & Arkwright) and Viscount Windsor



Amy Thomas (Taylor Wimpey), Tim Lawley (Cooke & Arkwright), Jessica Burge (Peacocks), Gareth Hawke (Taylor Wimpey) and Ben Bolton (Cooke & Arkwright)

KNEES-UP!

GPs and consultants celebrate opening of new medical centre

The Joint Replacement Centre at Nuffield Vale Hospital in Cardiff – designed to streamline the process of treating bones and joints – recently held its official launch at Hensol Castle in the Vale of Glamorgan.

For more: nuffieldcardiffandvale.com



Dr Hopkins, Dr Varma, Dr James Mullan and guest



Dr Akram Baig, Saty Bhatia and Simon Rogers



Dr David Jenkins, Sarah Hussain, Stephen Jones, Martine Buckland and Simon Rogers (all Nuffield Health Cardiff & Vale Hospitals)



FINALLY, IT'S HERE...

...our Vale Skyroom concept, with glazed extension and sunroom! Based in the Vale of Glamorgan, **VALE ORANGERIES** specialise in designing and building bespoke living spaces, tailor-made to their clients' specifications

Designed to the exceptionally high standards you would expect from a Vale Orangeries build, the new Vale Skyroom offers the benefits of slimline technology combined with visible elegance, outstanding strength and industry-leading thermal performance, for all-year-round living.

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provides a gutter-less, modern appearance.

Our Vale Skyroom bridges the gap between conservatory and orangery by providing a less labour-intensive build.

Having an orangery aesthetic, but minimising the orangery roof construction reduces the costs of the build, yet still retains the important energy values, making our Vale Skyroom a comfortable living space all-year-round at an affordable price.

To find out more, call Dean or Leanne on 01446 746353. **CL**



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IT'S A FAMILY AFFAIR

For clear-sighted, expert advice on family matters and separation, solicitors **MELANIE LAZARUS & CO** offer a safe pair of hands

There are certain times in the year when solicitors are inundated with new clients wanting advice in relation to family matters. One of these periods is during October, when the children have returned to school and parents have more time to address their personal affairs.

Perhaps they have been separated from their partner for some time and see the start of the school year as being the perfect time to seek advice about their legal position. Or perhaps they have experienced difficulties with their partner during the holidays, and this has made them realise that the home situation is untenable, and separation is the only option.

Changes to the Legal Aid system mean that funding is now only available for family matters where domestic violence has taken place, and a referral to the police or social services has

"ADVICE FROM OUR EXPERTS WILL GIVE YOU THE CLARITY YOU NEED"

been made. If this is not the case, then you will have no option but to fund your case privately, or act in person, which is a daunting prospect in itself.

At Melanie Lazarus & Co, we realise that paying for legal advice can be very difficult. Our initial appointment fee is fixed at £150 (inclusive of VAT). This will allow you up to an hour's worth of advice from one of our team of experts, which will give you the clarity you need in order to decide which steps to take next.

If you wish to discuss matters, please contact us to arrange an appointment. **CL**



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✉ gail.de'claire@charles-stanley.co.uk

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CHILD'S PLAY

GOING BACK TO THEIR ROOTS

Inspired by childhood memories of climbing trees, catching frogs and playing happily in the great outdoors, two Cardiff mothers have set up Wild & Wonderful, a collection of toys and games to encourage children to play outside

We're probably all guilty of looking back on our childhood with a sense of nostalgia and longing (no mortgages or stress – sigh), and Cardiff parents/businesswomen Anna Lewis and Becky King (pictured right) are no different.

Inspired by their childhood days, the long-term school pals and best friends have set up Wild & Wonderful, championing traditional outdoor toys, games and activities in the hope of inspiring children and families to get out into the open air.

Split into three primary collections – Imaginative Play, Nature Kits and Garden Games – their products epitomise the old-

school charm that's now so often swapped for telly-watching, iPads and the like.

"We set up Wild & Wonderful to inspire families to enjoy more time together outside," said Becky. "We were fed up with the disposable plastic outdoor toys on the market and wanted to create a collection of nostalgic toys, games and gifts aimed at discerning parents who love beautiful, well-made things.

"Outdoor play isn't just fun – it has health benefits, inspires the imagination, builds friendships and establishes a connection with nature. [Anna and I] have five children between us, and we're passionate



about getting them outdoors at every opportunity to enjoy wild times and have fun. Our children are never happier than when they're running free, breathing fresh air and getting dirty together."

For more: wild-and-wonderful.co.uk

QUOTE OF THE ISSUE

"FOLLOW IN THE FOOTSTEPS OF THE GREATEST INNOVATORS OF OUR TIME AND TAKE THE PLUNGE..."

Who's the motivational guru?
Find out on page 92...

£64.2M

THE BIG NUMBER

That's the record amount that the Welsh Rugby Union (WRU) turned over in the last financial year, allowing it to allocate £22.6 million into rugby at all levels, further promoting, fostering, encouraging and improving the game throughout Wales.

For more: wru.co.uk



ENTREPRENEURIAL THINKING

I've been shortlisted for Entrepreneur Of The Year in the inaugural Cardiff Business Awards, which got me thinking about the definition of an entrepreneur and how entrepreneurial success is measured. An entrepreneur is generally defined as a person who sets up a business, taking on financial risks in the hope of profit, but what it doesn't mention, of course, is the sheer determination and stress management needed to create something from nothing and make it lucrative. Or the creativity, optimism, ambition, innovation, boundless energy and stubbornness needed to keep pushing and take risks.

There are other measures and benefits of entrepreneurial success like fulfillment, enjoyment, freedom of time and choice in activity or location, satisfaction in creating something and seeing the fruits of your labour. And what about those entrepreneurial thinkers who work for others?

Entrepreneurial qualities are crucial for success, regardless of whether you own the business or not. The entrepreneurial world can be tough and is not for everyone, but if you want to follow in the footsteps of some of the greatest innovators of our time, take the plunge – you can always change your mind if it gets too much. And you might just hit the jackpot while you're doing it!

Sing & Inspire are a Cardiff-based team-building and training company. For more info, see singandinspire.com and inspiremegroup.com

WITH **MEDIA CLASH** AGENCY

Marketing is awash with a multitude of daft phrases – so much so that strong business ideas can get lost in translation

Going forward, are you pro-actively drilling down from your helicopter view to grab that low-hanging fruit? Are you more concerned about the sizzle than the sausage? If you are able to understand either of those questions, let alone answer them at all, then you must either be a marketer or have spent too much time in close proximity to one.

The marketing industry is famous for the babble that spews out of the mouths of some of its practitioners. Yet behind all the dodgy acronyms and silly portmanteau words, every now and then there lies an eminently sensible approach to promoting your brand.

In this issue's column, we list our favourite marketing buzz phrases du jour.

Advertisement is best described as the marriage of advertising and entertainment. While it can take many forms (video clips, product placement) the key is entertainment, which persuades customers to forget that the message is from a business trying to sell a product or service. If you can perform this trick, you're onto a winner. "That's advertisement," as Paul Weller once famously didn't sing.

Big data is used to describe a massive volume of digital data that is so large it's almost impossible to process using traditional database and software techniques. Despite this, big data has the potential to help informed companies make faster, more intelligent business decisions – although if you can tell me exactly how, I'd be grateful.

Two seemingly unconnected words that when allied together make a seemingly unconnected phrase. Translated, it means using every piece of your content in multiple ways to get the highest return on investment. For instance, a magazine article posted not only on your website but also on social media. Using a marketing perennial, it enables you to get more bang for your buck.

A top points scorer at marketing buzzword bingo, 'thought leadership' is one of those phrases that has been rendered near meaningless through overuse. It refers to a brand that is widely recognised as a genuine authority in a specialised field and whose expertise is actively sought and often rewarded. This means regularly delivering genuinely insightful and credible content for public consumption. It does take some commitment but it has its rewards.

No, not a prog rock band from the early 1970s, but simply a change to the way you do things and how you're perceived. While the phrase is clunky, the concept of altering your positioning in the marketplace (see, I can babble with the best of them) is not a straightforward one. Considered marketing is needed to achieve this type of change, though phrases such as 'paradigm shift' probably are not.

MediaClash helps businesses talk to their clients, but we try and do this in the most straightforward way possible. For advice, contact gary.tipp@mediaclash.co.uk and he'll try to mind his language...

BREAKING NEWS...

TRIPLE WHAMMY

Our pick of the most exciting, intriguing and important local business stories happening right here, *right now*

SPIRE TAKES PLATINUM AT CARDIFF LIFE AWARDS

Spire Hospital has signed up to the prestigious new Platinum Award at next year's *Cardiff Life Awards*. The Award is given by the panel of independent judges to the single most impressive of the 18 category winners.

"This is a new, stand-out Award to celebrate the very best of the best," commented Jane Ingham,

MD for *Cardiff Life's* publisher, MediaClash. "We are delighted to have Spire on board and look forward to seeing who the judges will choose."

"Spire Hospital is absolutely delighted to be the first-ever Platinum Sponsor of the *Cardiff Life Awards*," said Spire's business development manager Judith

Hall. "We pride ourselves on offering an exceptional, high-quality service, so the opportunity to be directly associated with the best of the winners fits very closely with what we have achieved."

The official charity partner for the Awards is Welsh Rugby Charitable Foundation's

#StayStrongForOws, and other sponsors include Volvo Cars Cardiff and Park Plaza. For sponsorship enquiries, please contact Andy Baker: andy.baker@mediaclash.co.uk.

For more: cardifflifeawards.co.uk, @CardiffLifeAwards

1



You could be a CLA winner, just like Real SFX last year...

KEY DATES:

NOMINATIONS OPEN:

9 November 2015

TICKETS ON SALE:

19 November 2015

FINALISTS ANNOUNCED:

2 February 2016

CARDIFF LIFE AWARDS:

17 March 2016

FEST BEHAVIOUR

Festival season might be coming to a close, but the fun doesn't end in Cardiff. The Association of Independent Festivals (AIF) has announced details of this year's flagship Festival Congress, its annual conference and celebration event.

Taking place at Wales Millennium Centre on 5-6 November, guest speakers include big names such as Glastonbury, Bestival and others, plus presentations, roundtable discussions, quick-fire 'Talking Heads' sessions, and a festival-themed street food celebration at Cardiff University's Great Hall, with AIF DJs (including Rob da Bank) and the Festival Congress Awards, recognising the hard work across the industry throughout the year. BBC Radio 1 DJ and Sŵn Festival co-founder Huw Stephens will also be delivering the keynote speech.

"Festivals of all shapes and sizes are represented in the line-up," said AIF general manager Paul Reed. "The key aim with the Congress is to reflect the creativity of the industry and, if you are interested in or involved with festivals and events, create an event that is unmissable."

For more: festivalcongress.com



2

DESIGN FOR LIFE

Good news for designers looking to make a difference – the Design Commission for Wales (DCFW) is to appoint a number of new board members this autumn (including a new chair) and is actively encouraging applications from all walks of life.

The Welsh Government's design quality champion for the built environment wants the new positions to be in place from 1 April 2016 to complement the six people already on the board (the current chair, Alan Francis, steps down on 31 March next year). The Commission is especially keen to broaden perspectives and enhance diversity at board level, welcoming applications from all genders, ages, disabilities and ethnic minorities.

"This is critical for us, and it's essential that we get it right," said DCFW chief executive Carole-Anne Davies. "Good design affects the quality of everyone's daily life – where they live, work and socialise. We don't want to restrict it to one class, culture, age or gender. What's important is to find people with a passion for our vision of moving Wales to become simply a better place."

For more: dcfw.org



(Above) DCFW's Carole-Anne Davies and Alan Francis

3

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She's my best friend."

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INSIDE TRACK

ELIZABETH PERRIN

The CEO and co-founder of leisure attraction Treetop Adventure Golf in Cardiff tells us about playing for fun, the inaugural mini golf Welsh Open and her 'to do' lists

What inspired you to set up Treetop Adventure Golf?

The idea started about five years ago when I was playing mini golf on holiday. I started looking into it while I was still working in finance in London, and spent a year researching the industry and playing at a lot of different mini golf sites.

The course comprises two indoor 18-hole adventure golf courses, right? Tell us more...

The Tropical Trail gives visitors the chance to walk amongst rainforest trees, with the resident chattering toucans in the canopy area, followed by the murky swamp. On the Ancient Explorer course, you will face the Sacred Mask and his wise words, before putting through grumpy Chief Slumber's hut and past the Mystic River.

Why do you like indoor mini golf so much?

It's lots of fun! You can play whenever you want because you're not limited by the weather. At Treetop, the fact that it's all indoors helps create an immersive atmosphere, especially with the simulated storms and rainforest effects. It would be difficult to create the same experience outside.

Why did you choose to open it in Cardiff?

It seemed like the perfect location – it's such an exciting city at the moment, and there wasn't an indoor mini golf course in Wales.

Who is the attraction aimed at?

Everyone! A lot of families and students play, and Treetop is a popular venue for corporate events, stags and hen dos.

What's the corporate events take-up been like?

Very good – it's fantastic to see so much interest from local businesses. We've hosted everything from team-building to client entertainment and work nights out; we can also arrange for food from Wahaca or Bellini's to be brought in for events.

You recently held the first mini golf Welsh Open – how did it go?

Really well! Mini golf pros from across the UK came down to play, and we also had a novice category for local members of the public who wanted to compete for the Treetop Open Title. It was a lot of fun – I hope such events become a regular thing at Treetop.

How's business at the moment?

Great so far, but we're a young business so we're still learning and growing. The school holidays were really important for us, and we had lots of children and families in over the summer. We're still thinking of new ideas on how to reach different audiences.



Elizabeth Perrin: "Social media is so important for building our brand"

“TREETOP IS GREAT FOR CORPORATE EVENTS, STAGS AND HEN DOS”

Which part of your job gives you most satisfaction?

When I see customers having a great time.

Main career influence?

My business partner Chris Richards has lots of experience and has taught me so much about running a business.

Best bit of career advice you've ever been given?

You can't know that something you want will definitely happen, but you know it definitely won't happen unless you try.

How important is social media (Facebook, Twitter) to your work?

It's so important for us, especially in building a community around our brand – it's great that you can get customer feedback and engagement in real time. It's great for marketing, too, of course.

Favourite spot for business lunch in Cardiff?

If it's a shorter meeting over coffee, I usually go to Little Man Coffee on Bridge Street. For lunch or dinner, you can't beat Wahaca – I love the food there.

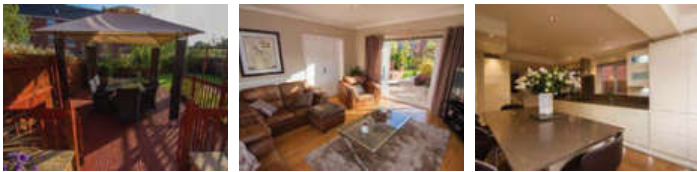
What do you do in your spare time?

Spend it with my fiancé, friends and family. I also really enjoy eating out and travelling.

Surprise us with a revelatory fact about yourself...

I've lived in Cardiff since the beginning of the year but not had time to explore it yet. I haven't had a Welsh cake or Clark's pie, or even been to the castle! They're all on my to-do list before the end of the year.

For more: adventuregolf.com



Cambrian Drive Marshfield

Stylish four bedroom detached executive home.
Truly bespoke 37ft kitchen, dining room & snug.
Bespoke cloak room. Stylish utility room.
Study. Two stunning bathrooms.
South facing gardens. Corner position.
Exceptional residence. EPC=C.

For sale with PA Black Rumney 02920 792888

£425,000



Mably House Cefn Mably Country Park

Detached five bedroom country residence.
33ft lounge. 22ft kitchen & breakfast room.
17ft sitting room. Formal dining room.
Five bathrooms. 27ft cinema room.
Double garage. Separate office.
Large gardens. EPC=E.

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£1,100,000



Castell Coch View Tongwynlais

Stylish modern unique five bed residence.
Fitted kitchen. Downstairs cloak room.
Utility room. Formal dining room.
Large lounge. Two modern bathrooms.
Large and lovely rear gardens.
EPC=D.

For sale with PA Black
Whitchurch 02920 612328

£430,000



Forest Fach Taffswell

Detached 1875 cottage.
Three large bedrooms.
Downstairs cloak room.
21ft stylish kitchen & dining room.
Outdoor heated swimming pool.
Private 7 car drive with extra parking. EPC=E

For sale with PA Black
Whitchurch 02920 612328

£345,000



Long House Barn Machen

Charming bespoke five bedroom character barn.
22 ft stunning kitchen & dining room.
Utility room. Boot room. Downstairs cloak room.
21 ft lounge. Sitting room. Separate study.
Three superb bathrooms. Double garage.
Stable block. Five acres. EPC=C.

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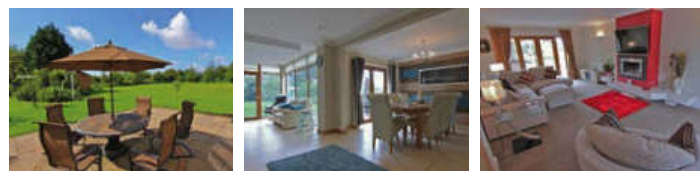


Coedydafarn Lisvane

Detached four double bedroom residence.
Downstairs cloak room. Utility room.
20ft lounge. 14ft dining room. 12ft study.
Fitted kitchen & breakfast room.
PVC sun lounge conservatory.
Two bathrooms. Large gardens. EPC=D.

For sale with PA Black Llanishen 02920 618552

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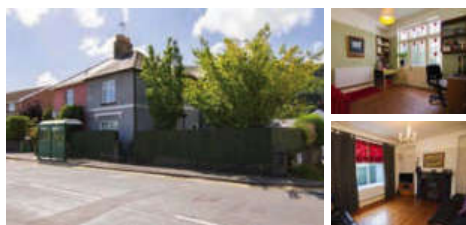


St Peters Crescent Peterstone Wentloog

Unique detached five bedroom residence.
Four living rooms. Three bathrooms.
PVC double glazed windows. Under floor heating.
Utility room. Downstairs cloak room.
Large level private gardens plus three quarter acre paddock/field.
EPC=D.

For sale with PA Black Rumney 02920 792888

£625,000



Oakfield Taffswell

Semi detached five bedroom residence.
Many charming period features.
Three separate living rooms.
Downstairs cloak room.
First floor bathroom. PVC windows.
Gas CHR. EPC=D

For sale with PA Black
Whitchurch 02920 612328

£399,950



Somerset View Ogmere by Sea

Upstairs living space to maximise the
wonderful uninterrupted sea views.
Three/Four bedrooms. Gardens and Roof
Terrace. Well-presented throughout.
Viewing is recommended.
EPC=E.

For sale with PA Black
Cowbridge 01446 772857

£349,950



The Granary Llanccarfan

A superbly presented barn conversion with views
onto Llanccarfan. High quality finish throughout.
Vaulted ceilings and exposed beams.
Four bedrooms (two with en suite shower rooms).
Luxury family bathroom.
EPC=F.

For sale with PA Black
Cowbridge 01446 772857

£695,000



Lime Grange

Prices from £900,000

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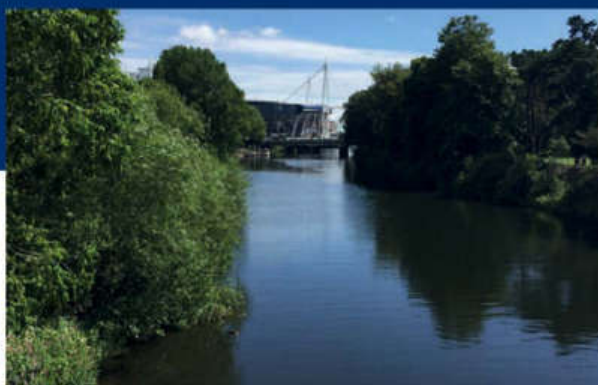


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Prices correct at time of going to print. Computer generated image of the penthouse at Cathedral House development for illustrative purposes only.
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Grano design



Contemporary minimalism
meets opulent luxury at this
elegant, award-winning
renovation in Penarth

By KATIE KISSOON

by the sea



Homes in this neck of the woods tend to be grand affairs, but this one on Plymouth Road in Penarth is in a league of its own. Current owners Glenda and Adrian Gracia moved in five years ago; originally built around the 1950s, they actually bought the property six years ago but only moved in a year later, when it had been completely transformed. “When I looked at the sought-after location, the garden, the size and the privacy, I knew it was the one,” says Glenda. “My husband is an architect and we wanted to buy a property that we could put our stamp on.”

It’s certainly a beautiful abode – a stunning minimalist structure, with enormous windows and clean lines. Inside, high ceilings and contemporary interiors reflect the spaciousness and abundant natural light. “The decoration is very contemporary – we used glass throughout the house,” says Glenda. “You enter into a huge dining hall, with a baby grand piano and a glass balustrade and gallery.”

The couple decided to finish the interior to a high spec, using quality materials such as the large, polished porcelain floor tiles imported from Spain and oak double doors and staircase. The attention to detail carries through to the stylish contemporary kitchen. “We chose a modern kitchen, because I love to cook,” explains Glenda. “There’s every kind of appliance, including a steam oven and warming drawer, and I love the fabulous extractor fan that looks like a modern chandelier – we added all the little touches.”

When Adrian redesigned the house, the couple knew they wanted a spacious open-plan layout. “It’s an extensive property now,” says Glenda. “I love the open-plan ground floor – you see every part of it each day and nothing is completely shut away.”

133 Plymouth Road:
grand, imposing,
downright palatial

HOUSE NUMBERS

5

bedrooms

4

bathrooms

4

reception rooms

1

landscaped garden

£995,000
price

And when the couple renovated, they were conscious of giving their grandchildren their own space when they visited. “So we built a second sitting room, which has a little more privacy,” says Glenda. “I think that’s very important in a family home.”

The rest of the ground floor flows from one room to the next, with two full sliding French windows opening on to the terrace, where the modern elegance of the house merges perfectly with the contemporary angles of the garden. The calm waters of a shallow pool, sunk into the terrace, reflect blue skies overhead, with stepping-stones carrying over to the beautiful lawn. In short, it’s perfect for parties.

“We built a wall the length of the garden within our boundary because we wanted to keep a space for planting vegetables or to build a greenhouse,” explains Glenda. “The rest of the garden is styled with a Mediterranean influence – it doesn’t change through the seasons because we have so much colour in the foliage.”

Back inside, the master suite upstairs has fitted wardrobes and an en-suite, and there are three further bedrooms and a family bathroom. The fifth bedroom is up on the second floor, with its own en-suite wet room and gorgeous views of the sea and the beach.

Beautiful Penarth is within walking distance, too – this place really does seem to have everything going for it. “We’re going to downsize but we intend to stay in Penarth,” says Glenda. “I think we’ll end up renovating somewhere smaller but to the same standard. We’ve loved living here so much.” **CL**

For more info, contact Chewton Rose, 14 St Andrew’s Crescent, Cardiff CF10 3DD; Tel: 02920 226129, chewtonrose.co.uk



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House-hunters seeking a seaside bolthole with all the trappings of the town will be hard-pushed to find a better location than Mumbles Reach.

The beachfront development of ten modern, two-bedroom apartments are an absolute rarity with spectacular, uninterrupted sea views. Selling agent Savills is urging interested parties to get in touch to avoid disappointment, with only six properties remaining for sale.

With the apartments build complete and ready for occupation, buyers could be in to enjoy the latter part of the summer.

"Mumbles Reach is a one-off," says Caroline Vanner from Savills. "The location has everything – it is right on the water, offering fantastic views, and is a stone's throw from the very best that Mumbles has to offer in terms of eating, drinking and enjoying the best of the weather.

"With a high-spec finish, these apartments make fantastic 'lock up and leaves'. What's

more, each property has its own parking – which is very unusual for this part of town.

"The development also boasts some impressive eco-credentials. It has been built to the Code for Sustainable Homes Level 3. With its roof-mounted solar panels, it has also been designed to comply with the 'Lifetime Homes' standard. All this contributes to reducing the impact on the environment, helping residents to keep their energy bills down." **CL**

“MUMBLES REACH IS A ONE-OFF, WITH A HIGH-SPEC FINISH”



The first purchasers at Mumbles Reach were a retired couple, currently living in Bath. They had been looking for a property for several months –

somewhere that would initially serve as a holiday home and which they could later downsize to. “We had looked at a number of developments but none of them were quite right for us,” said the purchasers. “We stumbled upon Mumbles Reach by chance and it just seemed to tick all the boxes.

“It’s within walking distance of the local shops and a wide range of places to eat and drink. With modern, light interiors and fantastic views across the bay, we knew we wouldn’t have to do any work on it. The underground parking is also a benefit and somewhere where we can store our bikes.

“We moved in around 18 months ago and are really taking advantage of everything the area has to offer. We can cycle for miles around the bay, go on coastal walks, enjoy a spot of sea fishing or just the wonderful views from our apartment. It’s a glorious place to live.”



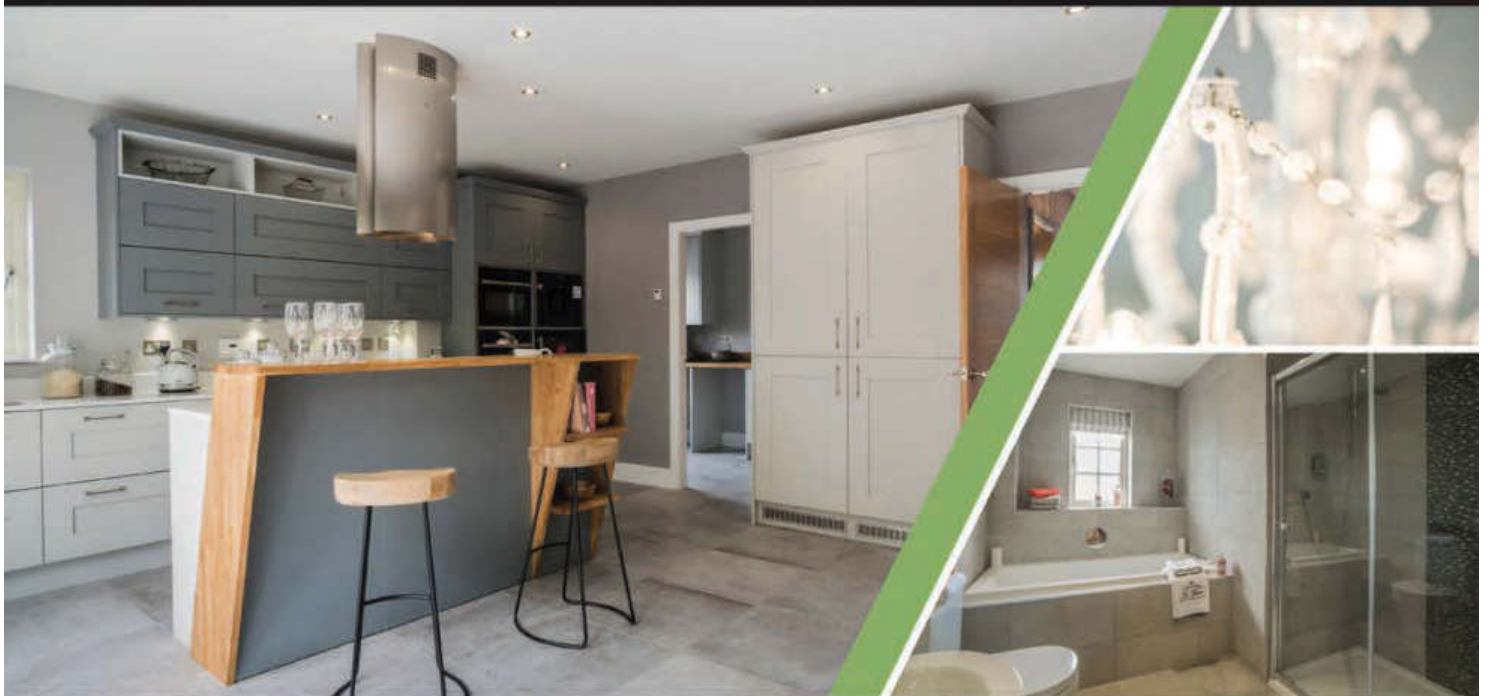
Mumbles Reach is being marketed by Savills. Prices start at £320,000. For further information, contact Savills on 02920 368900

Chapters

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A NEW CHAPTER...

WATERSTONE HOMES returns to Dinas Powys with a brand new collection of luxury family homes



Chapters show home in Dinas Powys is now open! Private appointments are being taken for out of office hours, or just turn up and meet the friendly Waterstone Homes team – it's open Friday to Tuesday, 10am-5pm. Only 12 homes are being built, with three already sold and two on hold. Part-exchange is also available under the new 'Fair Play Scheme'.

The four- and five-bedroomed architect-designed homes have an average floor space of 240m² and offer the very best in contemporary design, with luxury kitchens, bi-fold doors, and glass curtain walls spanning vertically over three floors.

Waterstone Homes is a member of the Jehu family of companies and prides itself on being a family-owned business. The Jehu family has a tradition of building high-quality homes that spans more than 80 years.

In the last few years alone, they have created more than 500 homes across South Wales and the West of England. Waterstone Homes engages with their architects to ensure that their homes complement the community perfectly, thus offering a traditional look, whilst their interior designers provide discerning modern families with the luxury finish that they would expect.

2015 is a particularly exciting year for Waterstone Homes, as they are working on four bold new collections – Dinas Powys, St Brides Major, Ogmore-by-Sea and Derwen Fawr, Swansea, having recently completed collections of luxury homes in Cardiff's Pontcanna and Radyr, and also Saundersfoot, Pembrokeshire. **CL**



Built for Life
Waterstone Homes

To register your interest or make an appointment to visit the Dinas Powys, St Brides Major or Swansea show home, please contact Sales Manager Andrea Gardener, on 01656 644440 or email: sales@waterstonehomes.com www.waterstonehomes.com





Cyncoed

£620,000

NEW INSTRUCTION. Located within a select close in the affluent Cyncoed area of Cardiff is this stunning executive detached property, recently refurbished to an exceptionally high standard, with accommodation briefly comprising: entrance hallway, lounge, sitting room, study, large contemporary kitchen / breakfast room & cloakroom to the ground floor, with four double bedrooms (master en-suite) and 'Jack & Jill' family bathroom to the first floor.

TENURE: FREEHOLD | EPC RATING: TBA
POSTCODE: CF23 6QB



Castleton

£599,950

Stunning contemporary open-plan family living situated within the affluent and sought-after hamlet of Castleton, benefitting from excellent transport links to both Cardiff and Newport. Finished to a very high specification, this spacious family home briefly comprises: two reception rooms, large open-plan living/kitchen/dining room, cloakroom and utility room to the ground floor, with five bedrooms (two en-suites) and family bathroom to the first floor.

TENURE: FREEHOLD | EPC RATING: C79
POSTCODE: CF3 2UW



Marshfield

£439,950

A superb, detached dormer style property accessed via a gated driveway situated in the sought-after village of Marshfield. This generously proportioned accommodation briefly comprises: entrance hallway, open-plan lounge/dining room, kitchen/breakfast room, family room, cloakroom, utility room and bedroom five/gym to the ground floor, with four bedrooms (two en-suites) and family bathroom located on the first floor.

TENURE: FREEHOLD | EPC RATING: D62
POSTCODE: CF3 2TU

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Marshfield £435,000

NEW INSTRUCTION. Conveniently positioned between Cardiff and Newport in this sought-after village is 'Ravenswood', an impressive, modern executive detached property offered 'for sale' with no onward chain. This spacious family home, constructed to a very high standard, briefly comprises: three reception rooms, kitchen/breakfast room, utility room and cloakroom to the ground floor, with four generously sized bedrooms (master en-suite) to the first floor.

TENURE: FREEHOLD | EPC RATING: D63
POSTCODE: CF3 2TU



Marshfield £429,950

Located at the end of an impressive gated driveway is this exceptionally well presented modern family home, situated in the highly popular village of Marshfield. This generously proportioned property briefly comprises: three reception rooms, kitchen/breakfast room, utility room, hobbies/gym and cloakroom to the ground floor, with five bedrooms (master en-suite), family shower and bathrooms located on the first floor.

TENURE: FREEHOLD | EPC RATING: B81
POSTCODE: CF3 2TU



Thornhill £359,950

Modern open-plan living. Located within a quiet cul-de-sac in a desirable area of Cardiff is this extended detached property offering spacious family accommodation briefly comprising: large open-plan kitchen/dining/living room, study, sitting room, utility room and cloakroom to the ground floor. To the first floor there is a family bathroom, four bedrooms, the master suite being particularly spacious, with an adjoining dressing room and en-suite bathroom.

TENURE: FREEHOLD | EPC RATING: C62
POSTCODE: CF14 9EZ



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ST EDEYRNS CLOSE

A beautiful and spacious five-bedroom detached property on a quiet Cyncoed cul-de-sac

HOUSE NUMBERS

St Edeyrns Close, Cyncoed

5

double bedrooms

3

reception rooms

2

bathrooms

1

kitchen/breakfast room

£795,000

guide price

moginie
james

Located in an exclusive cul-de-sac, at the head of a tranquil close in Cyncoed, this beautiful detached property and tailor-made family home offers spacious accommodation. Although the house is presented in an exceptional condition, there's plenty of space and potential here to stamp your own personality on this quiet abode.

The ground floor comprises an entrance hall, three reception rooms (including a decent-sized living room, dining room and separate snug), a large kitchen/breakfast room with various appliances, plenty of storage space and a solid oak worktop, and a handy utility WC.

Upstairs on the first floor, there are five double bedrooms – great for large families or for when the extended clan comes visiting at Christmas – with the master bedroom boasting its own dressing room and en suite shower room. There's a family bathroom up here, too.

Outdoors, there are extensive, landscaped gardens (a front garden with mature boundary and parking for six cars, and a private rear garden with hedge boundary), a large driveway and double garage.

Located within the much-coveted Cardiff High and Rhydyphenau Primary catchment areas, this is pretty much the perfect family home. **CL**



For more information, contact Moginie James, 293 Cyncoed Road, Cyncoed, Cardiff CF23 6PA; Tel: 02920 761999, moginiejames.co.uk



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REDROW WELCOMES NEW RESIDENTS TO ST DENYS GATE

REDROW HOMES are delighted to welcome new residents onto their premium St Denys Gate development in Lisvane.

Cath and Andy Morgan moved into their 5 bedroom 'Highgrove' home earlier this month and were some of the first residents to settle on the development.

Andy said: "We looked at some older houses but decided that moving into a new build would be more attractive to us. We had heard great reviews of Redrow so decided to look at their homes and found them to be spacious, light and welcoming."

"The Highgrove has an impressive gallery landing and we love the large open plan kitchen/family room. The high quality of the build is evident throughout the house and the fittings are excellent. It was also important for us to have a manageable garden and we found the Highgrove garden to be the perfect size for us."

St Denys Gate is an exclusive gated development of 5-bedroom properties

from Redrow's Premium range of Heritage homes. The 15 properties at St Denys Gate feature expert craftsmanship and classic design alongside Redrow's exceptional quality finish.

The development is located in the highly desirable village of Lisvane, just 5 miles away from the centre of Cardiff. Surrounded by countryside and a 5 minute drive from the beautiful Cefn Onn Country Park, the development is perfect for buyers looking for a quiet home in the country with all the convenience of a capital city. For those needing to commute to Bristol or London, the M4 is just a short drive from the development.

Andy said: "It has been fun working with Redrow, who have provided a first class service. We worked closely with Kate (Area Sales Manager) as well as Sales Consultant Andrew and Site Manager Iain and they have all been very helpful.



"We would definitely recommend buying a house from Redrow and are now settling in well and enjoying living in our new home."

Kate Lacey, Area Sales Manager for Redrow South Wales, said: "We're delighted that Cath and Andy are so pleased with their new home. St Denys Gate is one of the most desirable new home developments in the area, offering a supreme location and exceptional

quality homes. The development has been very popular with buyers and we hope that they will all be as happy in their homes as Cath and Andy."

The sales centre and show home at St Denys Gate are open 7 days a week from 10:00am-5:30pm. For more information, or to speak to one of our Sales Consultants to arrange a viewing please call 02921 150203 or visit redrow.co.uk/stdenys

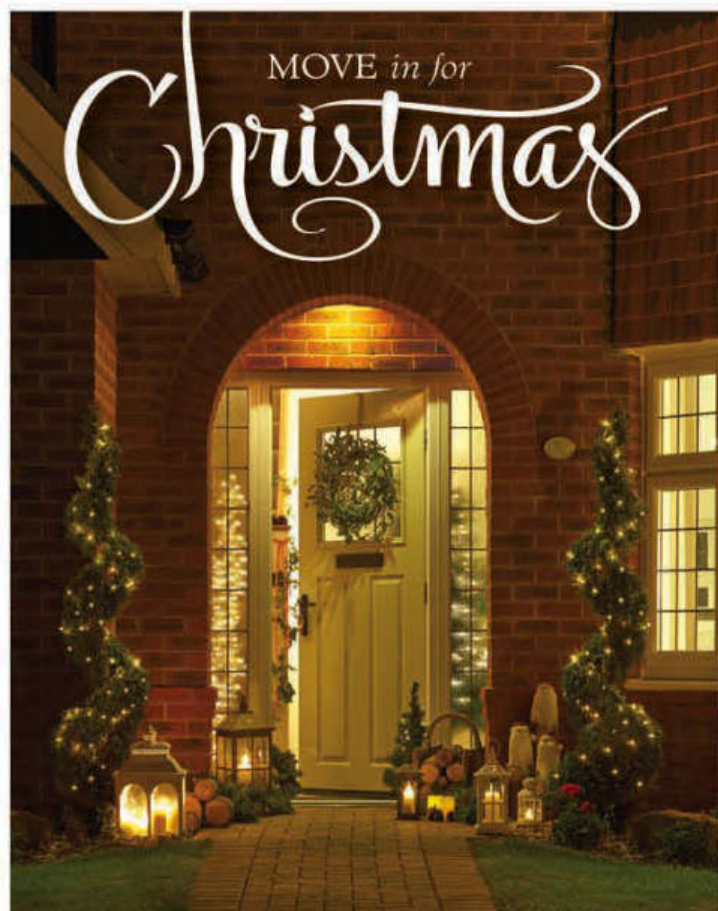


Image typical of Redrow homes. Price correct at time of going to press.

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Cardiff CF14 0SP
Open Daily, 10am - 5.30pm



If you've watched *Educating Cardiff*, you'll already be familiar with Willows deputy head Chris Norman (he was recently appointed permanent head, replacing former head Joy Ballard). Having been at the school for 11 years, he's blessed with a wonderfully dry wit, and is well-attuned to the daily barrage of tricky issues, behavioural or otherwise, from the teenage pupils under his jurisdiction. Good job he seems to have the patience of a saint...

Where's home for you?

I actually live in Bridgend, but work is in Tremorfa, so I spend most of my weekdays in the capital.

You're now the head of Willows High School, from Channel 4's fly-on-the-wall documentary *Educating Cardiff* – what is it, do you think, that makes the school special?

The staff – they're all willing to go that extra mile to support the pupils and each other. Our school motto is 'Belong, Believe, Achieve', and it underpins everything we do. We believe that our teaching is among the best in the country and, coupled with the exemplary pastoral care we provide, our pupils are given every opportunity to achieve or exceed their potential. We have a firm belief that everyone can succeed, irrespective of their background.

Why did you put the school forward for *Educating Cardiff*?

To highlight the amazing work that goes into educating our pupils. [Although] the reputation of the school has historically been less than positive, pupils and staff have worked extremely hard to turn that around over the last few years. We wanted to show everyone that Willows is a school to be proud of.

How aware are staff/pupils of the cameras?

The first 48 hours were quite strange – I think it took that long for us all to get used to having microphones on and cameras following you around the corridors. However, school life runs at such a pace that we soon forgot they were there and just got on with it. We were extremely proud of the way that the pupils stepped up to the challenge of being filmed – it showed a maturity beyond their years.

What do you enjoy most about your job?

I am proud to be playing a part in the development of the leaders, innovators and entrepreneurs of the future – teaching, in my opinion, is the very best job in the world.

If you could get on your soapbox about a particular educational issue, what would it be?

I'd like to see the powers-that-be just let the schools get on with doing what they know best, making the right choices for their pupils. Pandering to fads from other countries, delivering initiative after initiative, changing qualifications and curricula have left the sector in an almost-constant state of flux.



CHRIS NORMAN

The newly-appointed head teacher of Willows High School in Cardiff – the setting for scintillating Channel 4 docu-series *Educating Cardiff*, currently on our screens – tells us about going the extra mile, steak fajitas and his former life as a singer

Away from school life, how do you relax?

Spending time with my children – I have three girls, and they are fantastic. One minute in their company completely washes away the stresses of the day.

If push came to shove, what would be your final meal of choice?

Steak fajitas with salsa, guacamole and soured cream. I make this for my family every Saturday night (whether they like it or not!).

Dream dinner party guests?

Tim Vine and Sarah Silverman for the comedy, David Gedge (The Wedding Present) for the music, Steve Jobs for his innovation and leadership, Stephen King for storytelling and Issac Newton for a bit of mathematics and physics talk. It would be a crazy night – I just hope they like steak fajitas!

Who would play you in a film about your life?

Bruce Willis. I'd like to think there are some similarities between John McClane, the character he plays in the *Die Hard* films, and me – we're both resilient and resourceful, and have the same hairline, although he looks better in a vest than I ever could.

What's the most important lesson life has taught you?

Working hard, sticking at something and believing in yourself will always produce positive results.

What's on your bookshelf at the moment?

Sapiens: A Brief History Of Humankind by Yuval Noah Harari. It's not the sort of book I usually read, but I saw an interview with the author at the Hay Literature Festival and it sounded intriguing.

Which piece of music always sends a shiver down your spine?

Run by Snow Patrol. It's linked to some of the

happiest moments of my life, and I think it's one of the most powerful songs ever written.

What's your guiltiest pleasure?

Suits. I used to hate them, but something clicked as I got older and now I can't get enough of them.

Must-watch television programmes?

My favourite programme of all time is *The X Files* – I had a bit of a crush on Gillian Anderson (still do!). At the moment, I'm enjoying *Educating Cardiff* (obviously), *The Big Bang Theory* and a lesser-known American comedy series called *Community*.

Favourite shop in Cardiff?

There's a great shop in Morgan Arcade called Wondrously Welsh that sells quality Welsh-produced food and art. I particularly like the brownie baking mix they sell, which I love to make with my daughters.

Locally, where do you like to eat?

I'm more of a Nando's guy, but I've been led to Waterloo Tea in Wyndham Arcade quite a bit of late. I love a good scone, jam and cream – who doesn't?

Secret or favourite Cardiff spot?

I love the walk from Cardiff Bay across to the Barrage – there's plenty to do along the way. I really want to go to the *Doctor Who* Experience, too.

Finally, surprise us with a little-known fact about yourself...

I used to be the lead singer and guitarist in a band called Monte Carlo 78. We were reasonably successful back in the day and picked up quite a following locally. **CL**

For more:

channel4.com/programmes/educating-cardiff



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